

Shape of the day

Weather

Helper

LOUISVILLE RECREATION & SENIOR CENTER



September-December 2024



There Is Something for Everybody!

900 W Via Appia
Louisville CO 80027 303-666-7400

LouisvilleRecreation.com

COMING THIS FALL...

INTRODUCING OUR NEW MOBILE APP

- Skip the line and scan in
- Pool & fitness schedules at your fingertips
- Receive notifications of facility closures and updates

LouisvilleCO.gov/MobileApp



HEALTHY, WEALTHY & WISE

Annual Senior Services Wellness & Resource Fair

LEARN ABOUT

Finances
Home Care
Hospice
Housing
Nutrition
Support Groups
Transportation
and more!

FRIDAY
OCTOBER 4, 2024
9:00-11:00AM

FREE

Louisville Recreation & Senior Center
900 W Via Appia, Louisville CO 80027

Recommended for Seniors, their families & caregivers. Refreshments provided.



For more information contact Katie Beasley at katieb@louisvilleco.gov or 303-335-4914

Louisville Recreation & Senior Center

FALL HOURS

Monday-Thursday..... 5:30 AM - 9 PM
 Friday..... 5:30 AM - 7 PM
 Saturday & Sunday..... 7 AM - 5 PM
Aquatics areas close 15 minutes prior to facility closure



Welcome to the Louisville Recreation & Senior Center!

Our mission is to “provide quality recreational activities and leisure services that contribute to the physical, mental, and social well being of the citizens while ensuring fiscal responsibility”. In addition to our expanded facility, we have many programs, classes and services to promote healthy living and active aging for people of all ages in the community. Whether you are looking to exercise or socialize, learn or play, live well or age well, we have something for everybody!

Register for Sept.-Dec. Programs

Resident registration begins
Wednesday, August 21
 at 12:00 pm

Non-Resident registration begins
Friday, August 23
 at 12:00 pm



www.LouisvilleRecreation.com

Holiday Schedules

| | | |
|------------------------|----------------|----------------------|
| Monday, September 2 | Labor Day | Closed |
| Thursday, November 28 | Thanksgiving | Closed |
| Tuesday, December 24 | Christmas Eve | Open 5:30 AM - 12 PM |
| Wednesday, December 25 | Christmas | Closed |
| Tuesday, December 31 | New Year's Eve | Open 5:30 AM - 5 PM |

The City recently launched Language Line for use at public facing City facilities. Language Line allows for on-demand language interpretation in Spanish and additional languages, which can be accessed via mobile, video and phone. This service is available at the front desk of the Louisville Recreation & Senior Center.

Directory

- 02** Facilities
- 06** Birthday Parties
- 07** Child Watch
- 08** Aquatics
- 16** Fitness & Wellness
- 23** Adult Classes & Programs
- 25** Indoor Turf Gym
- 26** Sports
- 32** Youth Activities
- 38** Senior Services



Para leer esta publicación en español, visite LouisvilleRecreation.com/Catalog

To read this publication in Spanish, visit LouisvilleRecreation.com/Catalog

Facilities

Staff

Parks, Recreation & Open Space Director(303) 335-4731
Adam Blackmore, ablackmore@louisvilleco.gov

Recreation & Senior Services Superintendent (303) 335-4903
Kathy Martin, kathym@louisvilleco.gov

Recreation Manager (303) 335-4910
Julie Seydel, julies@louisvilleco.gov

Recreation Assistant (303) 335-4907
Pam Lemon, plemon@louisvilleco.gov

Parks & Recreation Senior Administrative Assistant (303) 335-4735
Marla Olson, molson@louisvilleco.gov

Senior Marketing Specialist (303) 335-4734
Ginger Cross, gcross@louisvilleco.gov

Recreation Supervisor/Sports (303) 335-4909
Jesse DeGraw, jessed@louisvilleco.gov

Recreation Supervisor/Aquatics (programs)(303) 335-4927
Danny Weinstock, dweinstock@louisvilleco.gov

Recreation Supervisor/Aquatics (303) 335-4905
Paul Borth, paulb@louisvilleco.gov

Aquatics Specialist (303) 335-4912
Nick Pappas, npappas@louisvilleco.gov
Pi Salo, esalo@louisvilleco.gov

Senior Services Supervisor (303) 335-4914
Katie Beasley, katieb@louisvilleco.gov

Community Resources Coordinator (303) 335-4919
Katie Tofte, ktofte@louisvilleco.gov

Recreation Assistant/Senior (303) 335-4931
Tricia Morgan, pmorgan@louisvilleco.gov

Recreation Supervisor/Youth/Teen (303) 335-4902
Mandy Perera, mandyp@louisvilleco.gov

Fitness Supervisor (303) 335-4906
Lindsey Witty, lwitty@louisvilleco.gov

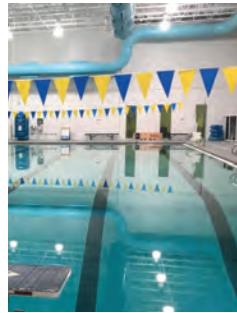
Pool Technician (303) 335-4913
Daniel Bidleman, dbidleman@louisvilleco.gov

Louisville Recreation & Senior Center
900 W. Via Appia (303) 666-7400

Louisville Parks & Recreation Main Office
717 Main St. (303) 335-4735

Louisville Sports Complex
1200 North Courtesy Road

Memory Square Pool
801 Grant Street (303) 666-4928



AQUATICS

- Lap pool (6 lane, 25 meters)
- Program pool (4 lanes, 25 yards)
- Lazy river
- Splash pool
- Hot Tub
- Sauna
- Pool party rooms
- Slide

FITNESS

- Circuit and free weight area
- Cardio area
- Active plyo area
- Core and stretching area
- Gymnasium
- Indoor turf gym
- Two racquetball courts
- Indoor track (10 laps=1mile)
- Two group exercise studios
- Dedicated cycling studio

SENIOR CENTER

- Games room
- Library and computer area
- Lounge
- Billiards

OTHER

- Indoor play area
- Outdoor playground
- Youth program rooms
- Multi-purpose rooms
- Conference rooms
- Family change
- Locker rooms
- Assessment rooms

Policies

Resident Rate: Louisville Recreation and Senior Services recognize people living in Louisville's city limits support, through their taxes, the operations of the City's recreation programs. Because of this, the City offers residents a discount on memberships, daily admission and programs. To qualify for the resident fee, you must be able to provide verification of residency within Louisville. Acceptable forms of verification include one of the following: lease agreement or utility bill. A driver's license is not accepted as proof of residency. Failure to provide acceptable verification will result in the Non-Resident Fee being charged.

Monthly Auto Pay: Monthly passes may be purchased by auto-debit payment method. An automatic deduction from a checking account will occur on the 15th of each month, and will continue until notification is given by the member, which may be done at any time without penalty. You must cancel before the 5th of any month to avoid the fee being deducted on the 15th. Please provide a voided check or be able to give bank routing number and checking account number upon joining.

Non-Resident Louisville Business Pass:

Non-Residents who work for a business in Louisville may purchase an individual monthly pass at a discounted rate. Proof of employment required. Not available to couples or other family members. Full time, part-time and seasonal employees of a Louisville business may participate in this program as long as gainfully employed by a Louisville business.

Refunds: No credits or refunds are given due to any closures, vacations or unused time. Before committing to an annual pass please note the center is closed all major holidays and will be closed 7-10 days for annual maintenance.

Family Pass: A family consists of two adults and their children under the age of 22 living in the same household/residence. Adult siblings, nannies, grandparents, grandchildren, aunts, uncles, and cousins do not fall under the classification of a family. Foreign exchange students and Au Pairs can be included in family passes if they are under the age of 22. Single head of household is one adult and their children.

Couple Pass: A couple consists of two adults or any combination of adult and child living in the same household. Because a finance contract is formed in purchasing a couple membership, two separate individuals living in different residences will not be considered a couple.

Family Rate: The daily admission rate includes 2 adults and 3 children under the age of 19 who represent themselves as a family unit and live at the same address. Daily Admission fees apply for more than 2 adults or 3 children.

2024 Pricing

| | Louisville Resident (Proof of residency is required.) | Non-Resident |
|---|--|-------------------------|
| DAILY ADMISSION | | |
| Youth (3*-17) / Senior (60+) | \$6 | \$9.50 |
| Adult (18-59) | \$8 | \$12 |
| Family (2 adults + 3 kids) | \$17 | \$39 |
| 5 VISIT PASS | | |
| Youth (3*-17) / Senior (60+) | \$22.50 \$4.50/visit | \$42.50 \$8.50/visit |
| Adult (18-59) | \$32.50 \$6.50/visit | \$55 \$11/visit |
| 10 VISIT PASS | | |
| Youth (3*-17) / Senior (60+) | \$45 \$4.50/visit | \$85 \$8.50/visit |
| Adult (18-59) | \$65 \$6.50/visit | \$110 \$11/visit |
| 20 VISIT PASS | | |
| Youth (3*-17) / Senior (60+) | \$90 \$4.50/visit | \$170 \$8.50/visit |
| Adult (18-59) | \$130 \$6.50/visit | \$220 \$11/visit |
| MONTHLY PASS <i>Monthly Auto Debit Available</i> | | |
| Youth (3*-17) / Senior (60+) | \$27.50 | \$40 |
| Adult (18-59) | \$46.50 | \$66.50 |
| Couple | \$70 | \$89 |
| Family | \$86.50 | \$116 |
| Single Head of Household | \$71 | \$101 |
| Non-Resident Louisville Business | N/A | \$52.75 |
| ANNUAL PASS <i>Paid in Full (discount given when paid in full)</i> | | |
| Youth (3*-17) | \$264 | \$408 |
| Senior (60+) | \$264 | \$408 |
| Adult (18-59) | \$486 | \$706 |
| Couple | \$764 | \$982 |
| Family | \$819 | \$1048 |
| Single Head of Household | \$672 | \$936 |
| Non-Resident Louisville Business Pass | N/A | \$633 |

*Children under 3 years of age are admitted at no charge with an adult.

College 3 MONTH PASS

Age 18-25. Valid for 3 months.

\$105 Resident | \$150 Non-Resident

Recreation Center Policies

- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.
- Please dress appropriately when in the center. Shoes and shirts are required at all times, unless in pool area.
- Smoking, chewing tobacco, drugs or alcoholic beverages are not allowed in the center.
- The Recreation Center is not responsible for guest's personal belongings. Please leave valuables at home.
- Weapons are prohibited at the center.
- Cell phone usage is restricted to the lobby areas only.
- All guests must be 14+ years of age to be on the track, unless participating in a center sponsored program or with an adult 18+.
- Individuals must be at least 14 years of age to use equipment in the weight room or any cardio equipment. Training is available for those 11-13 years of age who wish to use the equipment.
- Strollers or car seats are not permitted on the track or in any fitness area. Front or back carriers are permitted on the track.
- Disruptive or inappropriate behavior may result in suspension of privileges.
- No loitering allowed. No sleeping allowed.

Racquetball

Racquetball guests may reserve courts three days in advance. Reservations can be made in person or by calling 303.666.7400.

Park Shelter Rentals

2024 reservations are currently open.

Rental Dates: May 1-October 31

Visit LouisvilleCo.gov/Rentals for a list of shelters, their availability, and to make a reservation.

If you have additional questions, please contact Parks, Recreation & Open Space, at 303-335-4735.

To reserve the Steinbaugh Pavilion, please contact Iris Belensky Arts & Special Events Program Manager, at 303-335-4581, or email ibelensky@louisvilleco.gov.

Code of Conduct

The Louisville Recreation & Senior Center strives to create a wholesome environment for all participants. The City of Louisville expects reasonable and appropriate behavior from those who visit and use facilities. The department reserves the right to deny admission and/or take disciplinary action against any person(s) violating our Code of Conduct or exhibiting action deemed inappropriate.

The violation of the Code of Conduct includes, but is not limited to,

- the use of obscene language or gestures,
- bullying behavior,
- disorderly conduct,
- theft,
- public intoxication,
- use of drugs or alcohol,
- sexual misconduct,
- indecency,
- harassment,
- no sleeping,
- no loitering,
- no unattended or oversized personal items,
- failure to cooperate with staff and/or leadership,
- possession of weapons of any kind,
- non-compliance with department rules and regulations,
- any unlawful activity and any other behavior deemed offensive or unacceptable.

All individuals and organizations will be held to this Code of Conduct when using city facilities. Violating the code of conduct can result in expulsion from the Center for any period of time up to and including permanently.

Additional facility policies can be found on our website at LouisvilleRecreation.com.

No electioneering and/or petitioning of patrons within City buildings is allowed. Such activities may occur on public sidewalks outside the City building but shall not block passage by other users of the sidewalk and shall be conducted in accordance with applicable laws.

Motorless Boat Permits

Motorless boating is allowed on Harper Lake with an annual permit. Permits are sold online April 1 - September 30 each year and can be found at LouisvilleCo.gov/Boatpermits.

Boat Permits are only valid for use in the current calendar year. Your online receipt serves as a temporary boat permit until your official permit arrives in the mail.

Paddle boards, swimming, wading, or bodily contact with the water are not permitted at Harper Lake.

Private Pool Rentals (After Hours)



AVAILABLE HOURS (SEPTEMBER 7 - DECEMBER 15):
Saturday, Sunday | 5:00pm-7:00pm

HOW TO RESERVE A RENTAL

Pools can be rented online at www.louisvillerecreation.com.

FEES:

- Rental fee covers 20 people
- Additional people after the first 20 will be charged daily admission
- More than one pool may be rented at a time for additional fees contact Danny Weinstock 303-335-4927 or dweinstock@louisvilleco.gov to arrange extra pool usage

| CODE | AFTER HOUR POOL RENTALS | RESIDENT | NON-RESIDENT |
|-------|---|----------|--------------|
| 23801 | Splash Pool/Lazy River/Slide/Patio/Zero Depth | \$220.00 | \$275.00 |

Rental fee is for one pool only and for up to 20 guests. More than one pool may be rented at a time for additional fee/hour listed above.

POLICIES:

- Rentals will be expected to abide by all pool rules
- Alcohol or glass is not allowed on the patio or in the pool area
- Reservations need to be made 14 days in advance
- See private rental webpage for location change and refund policies
- **Contact Danny at dweinstock@louisvilleco.gov or 303-335-4927.**

Facility Rentals



Reservations begin Wednesday, August 14 at noon.

| FACILITY RENTALS | RESIDENT FEE/HOUR | NON-RESIDENT FEE/HOUR |
|---|-------------------|-----------------------|
| Large Rooms (Brooks or Crown) | \$61.00 | \$78.00 |
| Small Rooms (Imperial, Ajax, Hecla, Matchless, Sunnyside) | \$44.00 | \$56.00 |
| Kitchen | \$28.00 | \$34.00 |
| South Gym | \$61.00 | \$83.00 |
| Pool Party Room (Grand or Summit) | \$56.00 | \$72.00 |

Contact Pam at 303-335-4907 or plemon@louisvilleco.gov to reserve a facility.

Private Turf Gym Rentals



| TURF RENTALS | RESIDENT FEE/HOUR | NON-RESIDENT FEE/HOUR |
|---------------------|-------------------|-----------------------|
| Turf Gym | \$94.00 | \$116.00 |
| After Hour Turf Gym | \$115.00 | \$143.00 |

DETAILS:

- Daytime, evening and after hour times available.
- Alcohol is allowed in the rubber floor area of the Turf Gym
- NO glass is allowed
- Payment is due at time of reservation
- Bring your own sports/game equipment for the Turf Gym
- **Contact Jesse at 303-335-4909, or jessed@louisvilleco.gov**

Parties

Come celebrate with us!

- Private Party Rooms
- Indoor Turf Gym
- Aquatics Facility with Lazy River & Slide

Reservations begin Wednesday, August 14 at noon.

POOL PARTY PACKAGES | 2 hours

Celebrate your child's birthday at the Louisville Recreation Center for a party they are sure to remember! Stay COOL in the POOL where party goers can use our 4-lane program pool and FUN leisure pool, complete with a slide, zero-depth water playground, zipline, and a lazy river.

Reservation times:

Saturday: 12 pm-2 pm, 2:30 pm-4:30 pm

Sunday: 12 pm-2 pm, 2:30 pm-4:30 pm

Price includes 10 kids and 2 adults. Additional guests (up to 26-room capacity) will be charged daily admission (see pg. 3 for rates). Children aged 6 and under MUST be accompanied by an adult who is actively supervising in the water. You can bring in your own decorations that are easy to put up and take down. NO tacks, nails, pins, glitter, or confetti are allowed. Pool party rooms have refrigerators to use. You can bring in food and/or beverages. No alcohol is permitted.

TURF PARTY PACKAGES | 2 hours

Enjoy both the indoor turf, with garage doors leading to an outdoor play space and picnic tables. A party attendant will help with setup, cleanup, and games for the Basic Plus packages. Games include basketball hoop, soccer, parachute, football, nerf guns, dodgeballs, badminton, connect four, obstacle course and many other fun yard games.

Reservation times:

Saturday: 12 pm -2 pm, 2:30 pm-4:30 pm

Sunday: 12 pm-2 pm

Price includes 20 kids. Additional guests will be charged daily admission (see pg. 3 for rates)

| TYPE | DESCRIPTION | R/NR |
|-------------|--|-------------|
| Basic | 2 hours in the Turf Gym. You provide all the supplies including sport equipment (with the exception of goal posts & soccer balls). Includes tablecloth of your color choice. | \$138/\$177 |
| Basic Plus* | Basic package plus paper goods with choice of colors (red, blue, yellow, green, pink or purple), one party attendant to help with setup, cleanup and facilitate the sports activities and use of the indoor games. *Requires 14 day notice for staffing | \$198/\$249 |

General Information

- Rentals can be reserved online at www.louisvillerecreation.com or by calling Pam at 303-335-4907.
- Rental days are Saturdays and Sundays.
- Reservations for basic pool and turf parties must be booked at least 10 days in advance. Basis Plus Turf parties require reservations 14 days in advance.

- Rental payment is due at the time of reservation.
- Additional guests (more than 10) will be charged daily admission, payable on the day of the event at the front desk for pool parties.
- If the party needs to be canceled, a \$25 cancellation fee will apply unless the cancellation is made less than 7 days from the event date which would result in a forfeiture of the entire fee.

Reserve online at www.LouisvilleRecreation.com or call 303-335-4907.

Child Watch

CHILD WATCH HOURS

Ages 6mo-12yrs

| | |
|--------------------|----------------|
| Monday-Friday | 8:45am-1:15pm |
| Monday & Wednesday | 3:30pm-7:00pm |
| Tuesday & Thursday | 4:00pm-7:00pm |
| Saturdays | 9:00am-12:30pm |

SERVICES

- Ages 6m-12 yrs
- Parent/caregiver must remain in the facility at all times
- Parent/caregiver must check-in and pay for an adult visit at the front desk
- Drop-in, no reservations
- Maximum visit: 1.5 hours per visit
- Diaper changing not provided
- Fun for your child while you enjoy the facility

For more information contact Lindsey Witty at (303) 335-4906 or lwitty@louisvilleco.gov.

PUNCH CARD FEES

Our Child Care punch passes can be purchased at the front desk and renewed online or in-person at the front desk. Maximum stay is 1.5 hours per visit.

| PUNCHCARD | R/NR |
|-----------|------------|
| 10 Visits | \$41/\$52 |
| 20 Visits | \$82/\$104 |

ANNUAL CHILD WATCH PASS

Best buy! May be purchased at the front desk.

| NUMBER OF CHILDREN | FEE R/NR |
|-----------------------|-------------|
| First Child | \$290/\$363 |
| Each additional child | \$75/\$94 |

DROP-IN FEE

For those guests who do not wish to purchase a punch card, the drop-in rates are as follows:

| TIME | PER CHILD |
|----------|--------------|
| 1.5 Hour | \$7 R/\$9 NR |

Drop-in use must be paid on a daily basis at the front desk and a copy of the receipt must be presented when signing the child in at Child Watch.

Aquatics

Come swim with us!

- Three Pools
- Slide and Lazy River
- Large, Relaxing Hot Tub with a View
- Sauna and Steam Room

Enjoy Year Round Fun in Our Aquatics Area!



LAP POOL | 6 lanes, 25 meters

Temp 82 °-83°

Depth 3ft 6in- 10 ft

The lap pool is available for all lane lap swim over 60 hours a week. Lap swim is open to all age groups wishing to swim and/or exercise continuous lengths in the 25M pool. Persons 15 years of age and under must be accompanied by an adult. Please be considerate of other swimmers. Circle swimming is expected if there are 3 or more swimmers using a lane.



PROGRAM POOL | 4 lanes, 25 yards

Temp 85 °-86°

Depth 3ft6 in- 9ft

This pool is designed to allow for all of our Aquatic programming including swim lessons, water aerobics and fluid running. The built in benches, platforms, and a large stair case make this a great teaching environment and most of our offered programming will take place in this pool. When this pool is not programmed it will be open for open swim, independent exercise and injury recovery.



SPLASH POOL with Lazy River

Temp 87 °-88°

Depth 0ft-5ft

Families and kids of all ages will enjoy playing in our new splash pool. It features spray features, a lazy river, vortex, a zero depth entry/ wading area, a kids interactive water table, a children's slide, basketball hoop, and benches.

Open Swim EVERYDAY!

HOT TUB, SAUNA, AND STEAM ROOM

Come soak in our large 104 degree hot tub with benches, massaging jets and beautiful views or relax in our sauna or steam room.

SLIDE The indoor slide is fast and exhilarating with parts that are closed and open. Throughout the ride you experience translucent lines that allow light to enter the tube. As you finish your ride the slide empties into a run out. Must be 48 inches tall.

POOL SAFETY PRECAUTIONS

Please enjoy your swimming pool by following these safety precautions:

- Children 6 and under must be accompanied by an adult who is actively supervising in the water.
- Children 6 and under may not use the steam room, hot tub and sauna.
- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.

- Patrons between the ages of 7 and 11 may use the steam room, hot tub and sauna only when accompanied by an adult.
- Strollers and infant carriers must not be left unattended at any time.
- No regular diapers are allowed in the swimming pool. Plastic pants or swim diapers must be worn if needed.
- Swim lessons may only be taught by a Louisville Recreation and Senior Center aquatics employee or contractor.

Adult & Teen Swim Programs



MASTERS SWIMMING | Age 18+

Build your endurance for your upcoming race or simply enjoy the camaraderie of other swimmers as you pursue a higher fitness level. Work on individual goals in a group setting to become the swimmer you've been striving to be. Workouts are structured for your ability level and pace. All are welcome to join! Check website for additional dates, times, and locations.

About the Coach: Matthew Hurley is a lifelong endurance athlete who swam competitively through college (Wheaton, MA) where he held school records and was national qualifier. After college, he fell in love with triathlon and began his coaching career in San Francisco under Matt Dixon of PurplePatch. He owns Wyld Endurance and coaches athletes of all levels from developing age groupers to professional athletes. Matthew lives in Louisville with his two year old son, Wilder, and his dog Ollie!

| CODE | DAY | TIME | FEE |
|--------------------------|-------|----------------|-------|
| 10-Punch Pass | M/W/F | 12:00pm-1:00pm | \$120 |
| Drop in Rate of \$14/day | | | |

ADULT SWIM LESSONS | Age 18+ (Friday evenings)

It's never too late to learn to swim or add it to your fitness routine! Join our new adults-only evening swim lessons. Adult Beginner is for those who want to learn pool entry and exit, floating, submerging, and basic swimming. If you can swim but want to build endurance and improve stroke technique, join Adult Intermediate. Classes are 45 minutes, including guided practice and free exploration time. Childcare is available during lessons. Questions? Contact Danny Weinstock at 303-335-4927 or dweinstock@louisvilleco.gov.

Session 1 | Sept. 6 - Oct. 25 **Session 2** (6 classes) | Nov. 1 - Dec. 13*

| TIME | CLASS/CODE |
|-----------------|-----------------------------|
| 5:00-5:45 pm | Adult Beginner 33176 |
| 5:55-6:40 pm | Adult Intermediate 33177 |
| *No class 11/29 | |



OPEN POOL WATER POLO | Age 18+

Every Wednesday evening starting August 21 - October 2 come to Pool for "open pool" Water Polo! It's like open gym but the pool! From 6:30PM to close on Wednesday evening we will move the lanes and have water polo goals and balls to shoot around or organize a pickup game. Pool staff will be around to help blow up and take down our goals from AIRGOALS USA. Teach your friends how to play and take advantage of this unique opportunity!

| DAY | TIME | FEE |
|-----|---------------|-----------------------------------|
| W | 7:00pm-8:00pm | Free with membership or daily fee |

MONARCH HIGH SCHOOL SWIM TEAM

High School swim season is back! We are proud to host Monarch High School's girls and boys swim team for another season. Starting Monday October 7, lap swim in our lap pool will end at 7:00PM for the public and the high school team will take over the pool every weeknight.

Group Swim Lessons



UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?

Schedule a 5 minute swim assessment with a certified instructor. Contact Danny at dweinstock@louisvilleco.gov

PARENT TOT/CHILD | Age 6 months - 2 years

This class is a fun and confidence building experience. This class not only teaches a high level of water comfort to the participants but teaches water safety to the parents. Students will be introduced to proper water entry, learning how to float, blow bubbles, get their face wet, and kick their legs. One parent must be in the water with the student. Swim Diapers required.

TEEN SWIM | Age 11-17 years

The class is designed to provide an opportunity for teens to learn how to swim with other swimmers their age and become more proficient with the basic swimming strokes Freestyle, Backstroke, and Breast-stroke. It will focus on technique, endurance, and even dabble in the pretest skills needed to get into a lifeguard class. The first day of class the teens will be asked why they are in the class and what their goals are for the class. While all the goals will vary we will design the class curriculum based on the goals the participants have.*Swimmers must be able to swim freestyle the whole length of the pool in order to be in this class.

ADULT SWIM | 18+

Designed to help Adults learn to swim. The first day of class the adults will be asked why they are in class and what their goals are for the class. While all the goals will vary we will design the course curriculum based on the goals the participants have.

The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. The program covers the knowledge and skills needed for aquatic skill development. All instructors are American Red Cross certified.



| LEVEL | CLASS FOCUS | PRE-REQUISITE | AGE |
|---|--|---|-----|
| Pre Pollywog (Maximum 4 participants) | Being in a class setting and going underwater independently. Pre-K focused. | Willingness to participate in a group setting. Needs to be able to follow simple directions. | 2-3 |
| Pollywog (Maximum 5 participants) | Floating, breath control, underwater and forward movement in the water. Pre-K focused. | Comfortable in a group setting without a parent in the water. Willingness to submerge underwater. | 3-5 |
| Tadpole (Maximum 5 participants) | Front crawl stroke with breathing and being comfortable in deep water. Pre-K focused. | Ability to jump into the pool go under water and come back up and float on back independently | 3-5 |
| Toad (Maximum 5 participants) | Improving strokes, endurance and comfort in deep water. Pre-K focused. | Ability to swim 15 yards with coordinated arm and leg movement on front and back independently. | 3-5 |
| Level 1 (Maximum 5 participants) | Being in a class setting and going underwater independently, learning floats | Being ready to participate in a group setting | 5+ |
| Level 2 (Maximum 6 participants) | Floating, breath control, underwater and forward movement in the water | Comfortable with going underwater without hesitation. Ability to float without assistance. | 5+ |
| Level 3 (Maximum 6 participants) | Front crawl with breathing, elementary backstroke and diving basics | Can swim front crawl. Be comfortable in deep water. Capable of rolling front to back independently. | 5+ |
| Level 4 (Maximum 6 participants) | Stroke work on 4 competitive strokes and elementary backstroke | Swimming 15 yards of front crawl with side-breathing | 5+ |
| Level 5 (Maximum 6 participants) | Increasing swimming efficiency | Swimming 25 yards of front crawl with side-breathing, breast stroke, and elementary back stroke | 5+ |
| Level 6 (Maximum 6 participants) | Swimming skill proficiency | Swim 4 competitive strokes, complete at least 25 yards of each stroke and 50 yards of freestyle with side breathing | 6+ |



Register | Pick your session. Pick your time!

ALL GROUP LESSON FEES | \$30 R/ \$39 NR
REGISTRATION | Wed., Aug. 21 R/ Fri., Aug. 23 NR

Aquatics

SATURDAY MORNING (4 x 30 min. lessons)

Session 1 | Sept. 7 - 28

Session 2 | Nov. 2 - 23

Session 3 | Oct. 5 - 26

| TIME | CLASS/CODE | CLASS/CODE |
|-----------------|-----------------------|-------------------------|
| 8:15-8:45am | Pollywog 33037 | Level 1 33118 |
| 8:55-9:25am | Pre-Pollywog 33027 | Tadpole 33047 |
| 9:35-10:05am | Toad 33058 | Level 2 33127 |
| 10:15-10:45am | Pollywog 33038 | Pre-Pollywog 33028 |
| 10:55-11:25am | Level 3 33138 | Level 4 33148 |
| 11:35am-12:05pm | Level 5/6 33158 | Adult/Beginner 33179 |

Private Mini Swim Lessons: 15 Minute Lessons



PERFECT FOR:

Learning specific skills

Overcoming fear

Passing camp swim tests

Accomplishing a goal

| CODE | MONTH | LOCATION | FEE/15 MINUTES R/NR |
|-------|--------------|----------------------------|---------------------|
| 35000 | Sept. - Dec. | Recreation & Senior Center | \$16/\$20 |

First come first served. Experienced instructors. Instructors may vary per session. Instructors may not be requested or guaranteed.

TUESDAY EVENING (4 x 30 min. lessons)

Session 1 | Sept. 3 - 24

Session 2 | Oct. 1 - 22

Session 3 | Oct. 29 - Nov. 19

| TIME | CLASS/CODE | CLASS/CODE |
|-------------|-----------------------|------------------|
| 4:00-4:30pm | Pre-Pollywog 33023 | |
| 4:40-5:10pm | Pollywog 33033 | Tadpole 33044 |
| 5:20-5:50pm | Level 1 33113 | Level 3 33134 |
| 6:00-6:30pm | Level 3 33133 | Level 2 33123 |
| 6:40-7:10pm | Level 4 33144 | Level 5 33153 |

THURSDAY MORNING (4 x 30 min. lessons)

Session 1 | Sept 5 - 26

Session 2 | Oct. 3 - 24

Session 3 | Oct. 31 - Nov. 21

| TIME | CLASS/CODE |
|----------------|-----------------------|
| 9:00- 9:30 am | Parent Tot 33000 |
| 9:40-10:10 am | Pre-Pollywog 33020 |
| 10:15-10:45 am | Pollywog 33030 |

THURSDAY EVENING (4 x 30 min. lessons)

Session 1 | Sept 5 - 26

Session 2 | Oct. 3 - 24

Session 3 | Nov. 7 - Dec. 5*

| TIME | CLASS/CODE | CLASS/CODE |
|-------------|-----------------------|------------------|
| 4:00-4:30pm | Pre-Pollywog 33023 | |
| 4:40-5:10pm | Pollywog 33035 | Toad 33054 |
| 5:20-5:50pm | Level 2 33124 | Level 1 33134 |
| 6:00-6:30pm | Level 3 33135 | Level 2 33125 |
| 6:40-7:10pm | Level 4 33145 | Level 5 33153 |

* (no class 11/28)

Youth Stroke Clinics



Stroke clinics are offered in the lap pool and are structured for swimmers currently on a swim team or interested in joining a swim team. Minimum requirements to participate in stroke clinics are: All swimmers must be able to swim 50 meters of continuous freestyle demonstrating proper side breathing and 25 meters of backstroke. Additionally, breast and butterfly kick skills are needed. For more information please contact info@louisvilledolphins.org.

MONDAY EVENING

Session 1 | Sept. 9-Sept. 23 (reduced fee for 3 week class is \$37.50)

Session 2 | Sept. 30-Oct. 21

Session 3 | Oct. 28-Nov. 18

| CODE | CLASS | TIME | FEE |
|-------|----------|-------------|-------|
| 33190 | 6-10yrs | 4:00-4:45pm | \$50 |
| 33191 | 9-12yrs | 4:45-5:30pm | \$50 |
| 33193 | 13-18yrs | 5:30-7:00pm | \$100 |

TUESDAY EVENING

Session 1 | Sept. 3-Sept. 24

Session 2 | Oct. 1-Oct. 22

Session 3 | Oct. 29-Nov. 19

| CODE | CLASS | TIME | FEE |
|-------|----------|-------------|-------|
| 33180 | 6-9yrs | 4:00-4:45pm | \$50 |
| 33181 | 8-10yrs | 4:45-5:30pm | \$50 |
| 33182 | 10-12yrs | 5:30-6:15pm | \$50 |
| 33183 | 11-18yrs | 6:15-7:00pm | \$100 |

WEDNESDAY EVENING

Session 1 | Sept. 4-Sept. 25

Session 2 | Oct. 2-Oct. 23

Session 3 | Oct. 30-Nov. 20

| CODE | CLASS | TIME | FEE |
|-------|----------|-------------|-------|
| 33194 | 6-10yrs | 4:00-4:45pm | \$50 |
| 33195 | 9-12yrs | 4:45-5:30pm | \$50 |
| 33197 | 13-18yrs | 5:30-7:00pm | \$100 |

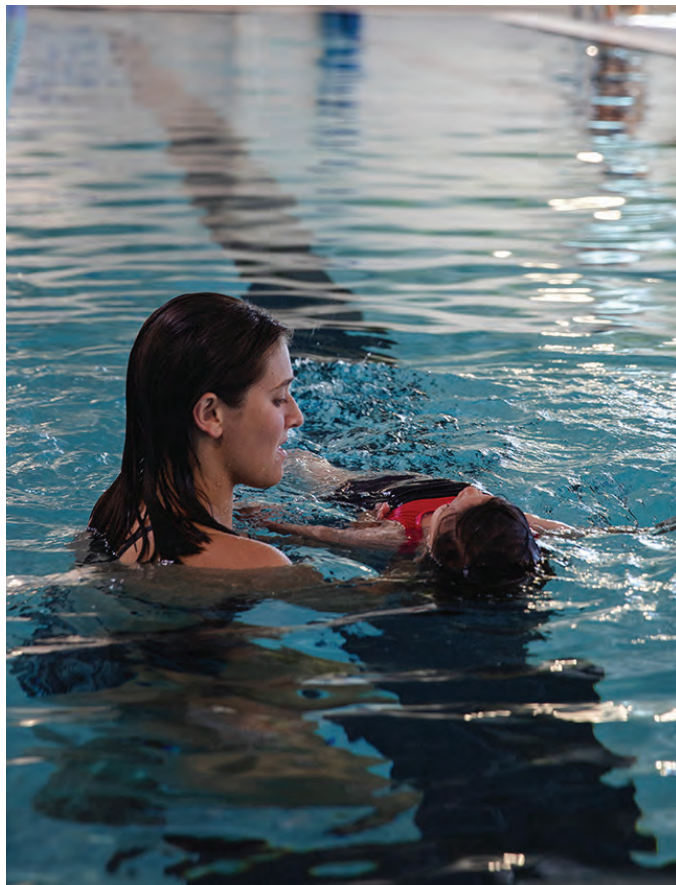
THURSDAY EVENING

Session 1 | Sept. 5-Sept. 26

Session 2 | Oct. 3-Oct. 24

Session 3 | Oct. 3-Nov. 21

| CODE | CLASS | TIME | FEE |
|-------|----------|---------------|------|
| 33184 | 6-9yrs | 4:00pm-4:45pm | \$50 |
| 33185 | 8-10yrs | 4:45pm-5:30pm | \$50 |
| 33186 | 10-12yrs | 5:30pm-6:15pm | \$50 |
| 33187 | 11-18yrs | 6:15pm-7:00pm | \$50 |



Private Swim Lesson Info List

HOW TO RECEIVE INFORMATION ABOUT POTENTIAL OPENINGS:

1. Register for the Resident Information List (Louisville residents only) or the Non-Resident Information List. Families will remain on the list for the whole duration of the catalog. At the end of each catalog the list is cleared.

| CODE | CLASS |
|---------|--------------|
| 33300-1 | Resident |
| 33301-1 | Non-Resident |

2. If an instructor is available they will contact you.

3. PAY. Once a lesson is set up here are our fees:

| CLASS | R/NR |
|---------------------------|------------|
| Private - 1 person/30 min | \$32/ \$40 |

** CANCELLATION POLICY**

If a private lesson or private mini lesson is canceled with less than 24 hours notice or a participant does not arrive for the lesson within 15 minutes of the start time, the participant will be charged for the lesson.



Louisville
**Floating
Pumpkin Patch!**

Friday, October 25

Bring the whole family to the Louisville Recreation & Senior Center Indoor Pools and catch yourself a spooky floating pumpkin from our aquatic pumpkin patch! After catching your floating pumpkin take it into the decoration room and create your spooky masterpiece!

Register in advance, max of 115 families allowed. Each household can register as many family members as they like, but there is a limit of two pumpkins per household.

| CODE | DAY/DATE | TIME | R/NR |
|---------|----------|-------------|-----------|
| 33400-1 | F 10/25 | 6:00-8:00pm | \$12/\$15 |

**Youth
Surf &
Turf
Night**

FRIDAY, November 8, 2024



The Elementary School Splash Party is now Surf and Turf Night! Come have a fun night at the rec with all your friends from school, not just in the pool, but now all 3 gyms too! Activities will include open swim, pizza, soda, music, nerf in the turf, knockout and more!

| CODE | GRADES | DAY/DATE | TIME | R/NR |
|-------|---------|----------|-------------|-----------|
| 14000 | 3rd-5th | F 11/8 | 7:00-9:00pm | \$10/\$12 |

NEW COLD PLUNGE | Ages 18+

The new Qoolpod™ Cold Plunge involves incorporating cold-water immersion or exposure into your routine for various health and wellness benefits. Cold plunges are believed to promote recovery, reduce muscle soreness, and boost circulation.

| 30 MINUTE USAGE TIME | R/NR |
|---|-----------|
| Reservations are every 45min., reserve online | \$12/\$15 |

GUIDELINES:

Set temp of 50 degrees, Please rinse off before use (if switching between sauna and plunge please also rinse off), Take cover all the way off upon use then put back on when done. You are only allowed to use cold plunge & sauna with this reservation.

USAGE SUGGESTIONS:

To trigger benefits 1-3min but no more than 10min at a time
 Each session: Cold 1-3min and Sauna 10-15min
 Weekly total: Cold 11min & Sauna 57 min





MEMORY SQUARE POOL BACK TO SCHOOL SCHEDULE

August 14 - September 1
Schedule is subject to change.

Lap Swim (All Lanes)

| | |
|-------|-------------------------------|
| M-F | 11:00am-1:00pm |
| Sa/Su | 8:00-10:00am 5:00pm-6:00pm |

H2O aerobics

| | |
|---------------------|--------------|
| M/W/F (Deep) | 12:00-1:00pm |
| Tu/Th (H2O Running) | 12:00-1:00pm |

Open Swim

| | |
|-------|----------------|
| Sa/Su | 10:00am-5:00pm |
|-------|----------------|



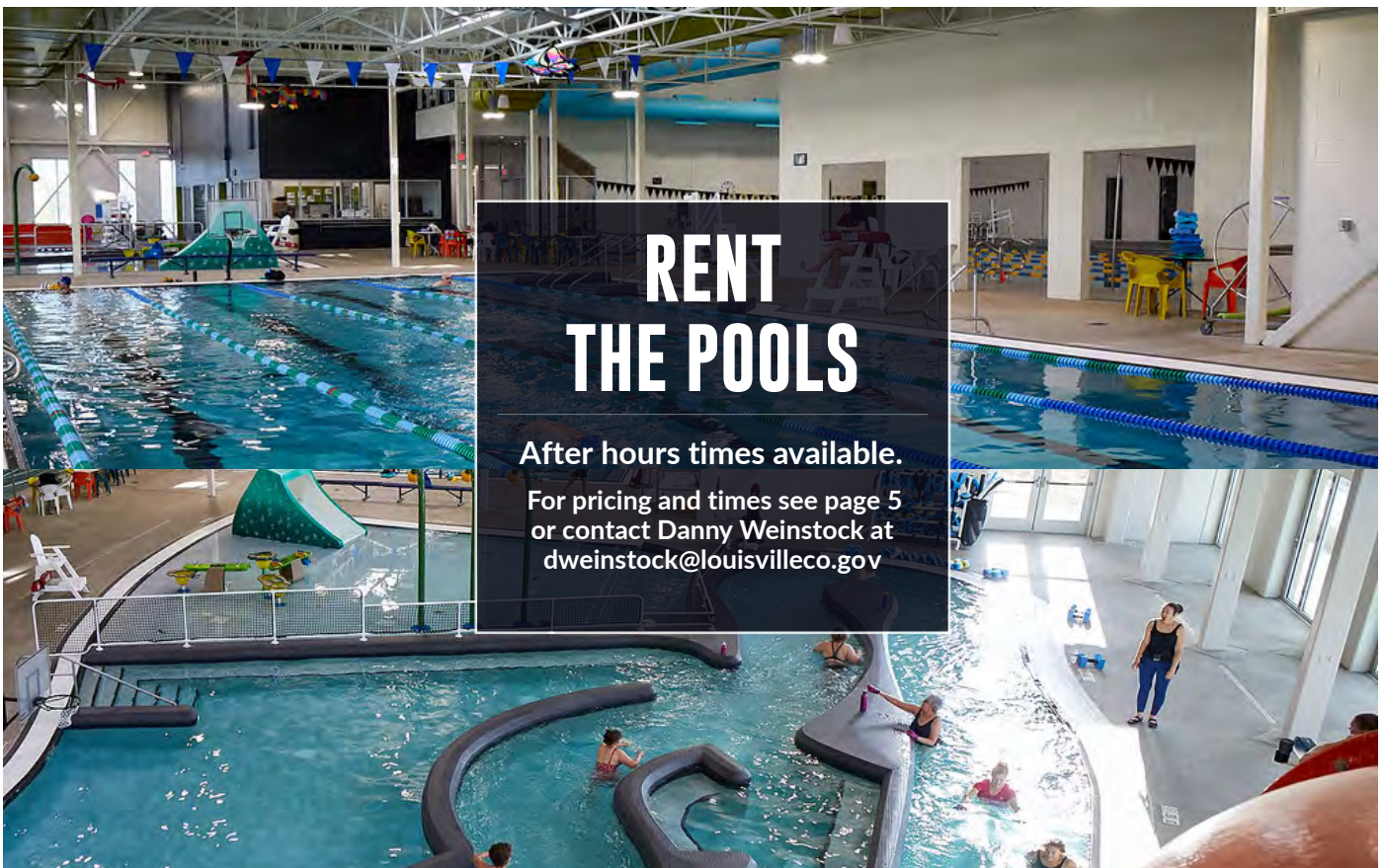
**MONDAY,
SEPT 2**

**Lap Swim
10 AM-12 PM**

**Open Swim
12 PM-5 PM**

Baby Pool Open 10 AM - 5 PM on Holidays

FOR POOL CLOSURE INFORMATION CALL 303-666-7909 OR VISIT LouisvilleCO.gov/OutdoorPool



RENT THE POOLS

After hours times available.

For pricing and times see page 5
or contact Danny Weinstock at
dweinstock@louisvilleco.gov



American Red Cross

AMERICAN RED CROSS COMMUNITY CPR CLASSES | Ages 13+ ONLINE LEARNING

It is now easier than ever to get First Aid/CPR/AED certified! This is a blended online and in-person learning opportunity that will teach you to recognize, respond to, and help in case of a life threatening emergency. Online course completion will be assigned and required prior to the in-person practical skills class.

1. Register for one of the in-person class sessions below (you must be registered at least 1 week ahead of the class). You will then receive an email with your link for the online simulation course which needs to be completed before your scheduled in-person practical class.

2. Complete the online portion which is a 2-3 hour, self-paced learning experience where you will gain the knowledge needed to successfully perform the required skills in the class.

3. After completing the online portion, you will then attend your scheduled class and complete the in-person practical portion which is a 2 hour, instructor led period where you put your skills to use in a real life setting. Upon successful completion of both sections you will be eligible for certification through the American Red Cross.



AMERICAN RED CROSS LIFEGUARD CLASSES | Ages 15+

This American Red Cross class is Lifeguarding with First Aid/AED/CPR for the Professional Rescuer. Prerequisites: Must be 15 years old by the last day of class, no exceptions. Must pass the pre-course swim assessment. The swim assessment is two parts: First, jump into deep water and swim 150 yards continuous freestyle/breaststroke, stop and tread water with no hands for two minutes, then immediately swim another 50 yards continuous freestyle/breaststroke. Next, without goggles you have 1:40 to swim 15 yards down the pool to the deep end, submerge and retrieve a 10lb brick, surface and kick on your back holding the brick and return to the start. These tests are completed back-to-back with minimal rest

A pretest is required to participate in any lifeguard training class. Refunds will be given if pre-test cannot be passed. Contact Danny at 303-335-4927 or dweinstock@louisvilleco.gov.

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|---------------------|----------------|------|
| 33205 | 1 | Su-M 11/23-11/25 | 8:00am-6:00 pm | \$46 |

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|-----------|-----------------|-----------|
| 33208 | 1 | Su 9/15 | 10:00am-12:00pm | \$68/\$90 |
| 33208 | 2 | Sat 10/19 | 10:00am-12:00pm | \$68/\$90 |
| 33208 | 3 | Sat 11/16 | 10:00am-12:00pm | \$68/\$90 |
| 33208 | 4 | Sat 12/14 | 10:00am-12:00pm | \$68/\$90 |

Valid contact information needed. Please check to be sure we have your correct phone number and email address.

Fitness & Wellness

Visit www.LouisvilleCo.gov/Fitzone for group fitness schedule

BONE DENSITY TRAINING FOR WOMEN | Ages 18+

Do you want to add strength training to your routine? Join Michael to learn how to set up the machines, work with free weights, and body weight exercises. You will be able to recognize proper form and how to utilize different tools to be successful in your workout program! Meeting twice a week for four months is a great way to learn together and progress your workout routine over the entire session. Minimum of 4 participants need to run program. Instructor: Michael B.

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|----------------|-------------|-------------|
| 30037 | 1 | W/F 10/2-12/20 | 1:30-2:30pm | \$275/\$343 |

STRENGTH IN NUMBERS

Proven fact: most people work out significantly harder and enjoy their workouts more when working with equally motivated people. This 10-15 member class is led by high energy Certified Professional Trainers providing a power-packed workout hour delivering measurable results. Sessions include machine and/or free weight strength training, cardiovascular endurance training and intense toning, interval and core strength work. Questions? Call Jillon (303) 748-4784. Come try the first class for free!

| DAY/TIME | INSTRUCTOR | FEE |
|-----------------------|------------|------|
| Tu, Th, F 8:30-9:30am | Jillon | \$80 |

PIYO IN THE PARK

PiYo in the Park (mat Pilates and yoga) is back! Come enjoy practicing mindful yoga and Pilates outside in the fresh air at Hutchinson Park. Classes will move indoors in inclement weather. We will strengthen our core, tone and stretch our bodies, and practice short mindful meditations and guided relaxations to soothe our hearts and minds in this mixed level practice led by Amanda Hale-Rogers. Options provided for differing fitness levels. Please bring a beach towel, sticky yoga mat, block and strap to class.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|--------------|---------------|------|
| 30027 | 1 | T 10/1-10/29 | 11:30-12:30pm | \$80 |

STRENGTH TRAINING FOR RUNNERS | Ages 18+

Get stronger in the off-season and help prevent injuries by strengthening the core, hip girdle and upper body. We will work on building a strong foundation using body weight exercises, plyometrics, balance and movement drills. Instructor Leslie H.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|-----------------|-------------|--------------------|
| 30036 | 1 | T/Th 11/5-12/19 | 5:30-6:30pm | \$98- 2x a week |
| 30036 | 2 | T/Th 11/5-12/19 | 5:30-6:30pm | \$49- 1x a week |

NEW JOURNEY TO MINDFULNESS: NAVIGATING LIFE WITH PRESENCE | Ages 18+

Unlock the Gift of Presence with Our Transformative 4-week Mindfulness Course. For those seeking guidance and support on their mindfulness journey, this course is your perfect companion. Cultivating a mindfulness practice can open the door to serene moments, even amidst the chaos of everyday life. Our class is designed to equip you with practical techniques, invaluable insights, and unwavering support—all aimed at guiding you towards lasting awareness and inner peace. Instructor: Jill S.

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|--------------|-------------|-----------|
| 30010 | 1 | W 10/9-10/30 | 4:15-5:30pm | \$50/\$62 |
| 30010 | 2 | W 11/6-11/27 | 4:15-5:30pm | \$50/\$62 |



DANCE IN THE WATER | Ages 18+

A beginner dance class that takes place in the shallow part of the pool. You will learn movements from ballet, jazz and dances from around the world. The water will increase your range of motion, your fun and let you move in ways you don't expect! Pay drop in fee or use pass. Instructor: Laura P

| CODE | SESS | DAY/DATE | TIME |
|-------|------|----------|--------------|
| 30023 | 1 | Su 9/29 | 12:00-1:00pm |
| 30023 | 2 | Su 10/27 | 12:00-1:00pm |
| 30023 | 3 | Su 11/24 | 12:00-1:00pm |
| 30023 | 4 | Su 12/29 | 12:00-1:00pm |

Pay drop in fee or use pass.

Pilates



CONTROLOGY PILATES REFORMER CLASSES | Ages 18+

Brought to you by Contrology Studio
contrologystudioco.com | contrologystudioco@gmail.com

A Pilates Reformer class is a mind/body workout that uses resistance-based springs. The Reformer supports finding balance throughout your whole body, and is a great compliment to your regular workout routine! This Level 1 (beginner level) Reformer class will focus on increasing core strength, flexibility, and improving posture. The class series will build onto the foundational Reformer work, and is open to both beginner & experienced Pilates reformer practitioners. With our small class size, each person in class will enjoy personal attention- allowing for focus on proper form and technique, as well support your individual movement goals! 6 person class maximum. The Louisville Recreation & Senior Center and Contrology Studio are excited to partner to offer Reformer classes! All classes will be held at the Contrology Studio LLC, 920 Main St., B Louisville.

All classes will be held at the Contrology Studio LLC, 920 Main St., B Louisville.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------|-------------|-------|
| 30019 | 1 | W 9/4-9/25 | 1:00-2:00pm | \$128 |
| 30019 | 2 | W 10/2-10/23 | 1:00-2:00pm | \$128 |
| 30019 | 3 | W 10/30-11/20 | 1:00-2:00pm | \$128 |
| 30019 | 4 | W 12/4-12/18 | 1:00-2:00pm | \$96 |



NEW COLD PLUNGE | Ages 18+

The new Qoolpod™ Cold Plunge involves incorporating cold-water immersion or exposure into your routine for various health and wellness benefits. Cold plunges are believed to promote recovery, reduce muscle soreness, and boost circulation.

30 MINUTE USAGE TIME

Reservations are every 45min., reserve online \$12/\$15

GUIDELINES:

Set temp of 50 degrees, Please rinse off before use (if switching between sauna and plunge please also rinse off), Take cover all the way off upon use then put back on when done. You are only allowed to use cold plunge & sauna with this reservation.

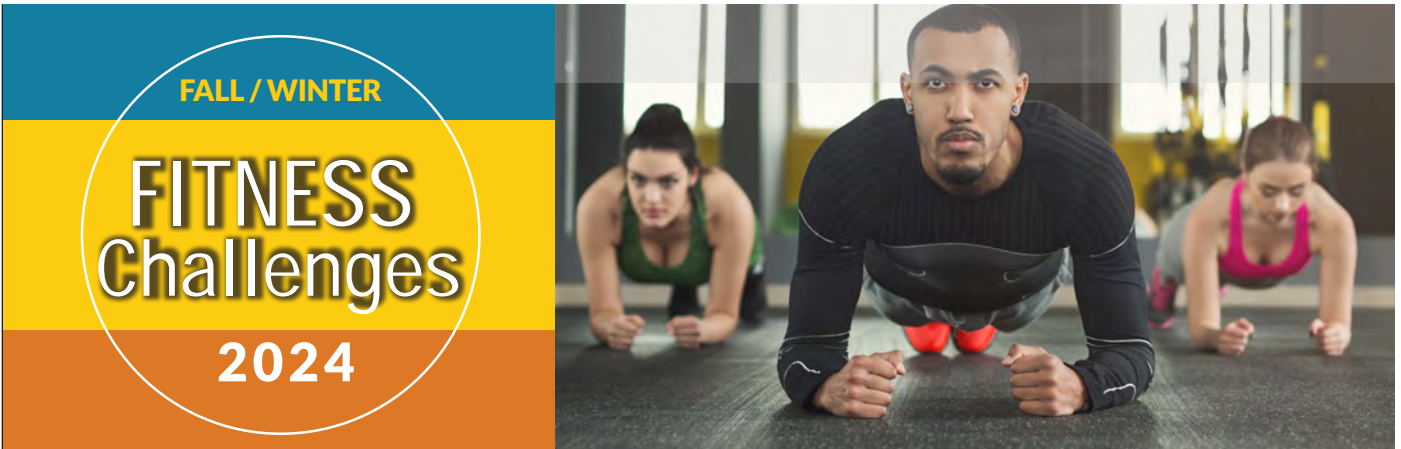
USAGE SUGGESTIONS:

To trigger benefits 1-3min but no more than 10min at a time
Each session: Cold 1-3min and Sauna 10-15min
Weekly total: Cold 11min & Sauna 57 min

Culture of India Workshops

Join Akila on a monthly basis for her instant pot cooking demos.

| CODE | SESS | CLASS | DAY/DATE | TIME | R/NR |
|-------|------|--|----------|--------------|-----------|
| 30029 | 1 | Samosa ragda chaat with mint and tamarind chutney! | T 9/17 | 12:00-1:00pm | \$15/\$18 |
| 30029 | 2 | Fish moilee, steamed rice & Vathal | M 10/7 | 12:00-1:00pm | \$15/\$18 |
| 30029 | 3 | Chana Pulao, carrot raita & Golden milk (Turmeric tea) | T 11/12 | 12:00-1:00pm | \$15/\$18 |
| 30029 | 4 | Chicken Tikka masalai & Garlic Naan | T 12/10 | 12:00-1:00pm | \$15/\$18 |



SEPT

Sleep Challenge

Taking the time to improve your sleep can have numerous positive benefits! Keep a daily record of your sleep cycles for the month and try to **improve your sleep quality each day and week.**

OCT

Digital Detox Challenge

The 30-Day Digital Detox Challenge is meant to create mindful, intentional and healthier technology use habits by gradually reducing digital distractions and re-engaging with the real world. **Are you up for the challenge?**

NOV

Planksgiving

Learn a new plank move or progression each in this month long challenge!

DEC

12 Days of Fitness Bingo

Complete fitness tasks to get 2 bingos for a chance to win a fitness prize!

NOW OPEN CROSBY PT

FEEL BETTER, FASTER WITH THE BEST PHYSICAL THERAPY TECHNOLOGY

- INJURY REHAB
- PAIN REDUCTION
- PERFORMANCE ENHANCEMENT
- BUILD MUSCLE WITHOUT STRESS ON YOUR JOINTS
- NEUROPATHY TREATMENT

ON SITE HOURS:
MONDAY 9-12
WEDNESDAY 3-6

SCHEDULE YOUR APPOINTMENT TODAY!
720.292.8708 CALL OR TEXT
OR
JENCROSBYPT@GMAIL.COM

Physical Therapy Now Available On-site

IMPROVE
motion, mobility & strength

REDUCE
pain

PREVENT
injury

RECOVER
from overuse, surgery, or injury

ONSITE HOURS
Friday
9 AM - 12:30 PM

SCHEDULE AN APPOINTMENT

Call or text
(720) 490-2066

email
leslierun1@gmail.com

Services offered include:

- Detailed evaluation & treatment plan
- Manual therapy techniques
- Trigger point dry needling
- Individualized exercise plans
- Therapeutic ultrasound

Leslie Hoffmann, PT is an orthopedic physical therapist with over 30 years of experience treating orthopedic injuries in people of all ages in the Louisville area.



NUTRITION COACHING

Nutrition is the foundation of your health and well-being. Whether you need to lose weight, increase your energy, properly fuel your workouts or are confused about what to eat, science-based, personalized nutrition coaching can support your optimal health. Invest in your health with a single session, or choose a package with multiple sessions to keep you on track. Create new habits to live a healthier, happier life! All sessions are non-transferrable and expire 1 year from date of purchase. Sessions are virtual. Diana Walley holds a Master Nutrition Therapy certificate and is Board Certified in Holistic Nutrition (BCHN®). For appointments call or text 401.835.5687 or email at Diana@dianawalley.com.

| CODE | SESS | FEE |
|---|------|-------|
| Nutrition Coaching Package | | |
| Includes (1) 50-minute initial session and (3) 30-minute follow-up sessions | | |
| 30011 | 1 | \$284 |
| Individual 50-minute session | | |
| 30011 | 2 | \$120 |
| Individual 30-minute session (follow-up only) | | |
| 30011 | 3 | \$60 |

ACCESSIBILITY TOURS

The Louisville Recreation & Senior Center welcomes and values all participants to our facility, programs and events and we do our best to ensure everyone has equal access to our programs and services.

We are committed to do our absolute best to meet the needs of our Deaf & Hard of Hearing children and adults by providing access through closed-captioning options for any of the TVs/media at the Louisville Recreation & Senior Center as well as sign language interpreters for facility tours, classes, and other events and programs upon request.

If you have specific needs to participate, such as a sign language interpreter, please contact Lindsey Witty at lwitty@louisvilleco.gov with as much advanced notice as possible to let us know how we can accommodate your visit.

Yoga

NEW BALANCE PRACTICE/ STRENGTH, MIND & BODY

This 2-session workshop is designed to enhance your balance, something we lose little by little as we age. Balance starts with a mental focus at the same time going deeply into our bodies. We all have a “wobble” when balancing but when we steady our minds (via Drishti) we can embrace our own beautiful “personal wobble”. We will finish with nourishing facial release to rejuvenate our minds and body. For all levels of yogis. Instructor: Deb B.

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|----------------|-------------|-----------|
| 30009 | 2 | M 10/7 & 10/14 | 5:45-7:15pm | \$30/\$38 |



Youth Fitness

PUMP PASS CLASS | Age 11-13

This class is comprised of 3-fifty minute sessions with a trainer who will work with your teen to show form, set up, and safe exercises tailored to what your child needs and wants. Once completed they will be allowed to work out with a parent on machines that were reviewed with the trainer.

Contact a Trainer to get set up today.

| SESSION | PRIVATE R/NR | SEMI-PRIVATE R/NR |
|------------|--------------|--------------------|
| 3 Sessions | \$139/\$174 | \$111/\$139 person |

FREE WEIGHTS FOR TEENS |Age 14-17

This class is comprised of 3 fifty minute sessions with a trainer who will work with your teen to show form, set up, and safe exercises tailored to what your child needs and wants using the free weights. Contact a Trainer to get set up today.

| SESSION | PRIVATE R/NR | SEMI-PRIVATE R/NR |
|------------|--------------|--------------------|
| 3 Sessions | \$139/\$174 | \$111/\$139 person |

Personal Training

Let us help you reach your goals!

Are you new to strength training, wishing to learn more about the cardiovascular equipment, circuit or free weights, or just wanting an exercise program tailored to fit your needs? Consider personalizing your program with the help of one of our certified personal trainers below. If you must cancel an appointment for any reason, please contact the trainer at least 24 hours in advance, or you may be charged for the session. Personal training is non-refundable and non-transferable. No more than 10 sessions can be purchased at a time. Please contact trainer prior to purchase.

| SESSION | PRIVATE R/NR | SEMI-PRIVATE R/NR* |
|-------------|--------------|--------------------|
| 1 Session | \$52/\$65 | \$40/\$50 person |
| 3 Sessions | \$146/\$182 | \$116/\$145 person |
| 5 Sessions | \$236/\$295 | \$183/\$228 person |
| 10 Sessions | \$460/\$575 | \$355/\$443 person |

*Both participants must attend to receive this rate

Lyn P has been strength training for the past 10 years and specializes in powerlifting. She has her MA in psychology (exercise induced neurogenesis) and is an ACE certified personal trainer as well as working on her group fitness instructor (interests include hiit, tabata, and bootcamp). She's very passionate about helping individuals reach their strength goals at any age. She also believes in using fitness to combat mental health. Come join me on your fitness journey to strength and wellness inside and out. She specializes in building strength, increasing muscle mass and mobility training, working with women of all ages, and assisting women in exercise during the pre and post natal stages. Lyn can be contacted at lynvankampen@gmail.com.



Cole L is an NSCA-certified strength and conditioning specialist with a Master's Degree in Exercise Physiology. His training approach focuses on movement, mindset, recovery, and nutrition, aiming to enhance physical well-being and overall quality of life. His personalized programs prioritize wellness goals, ensuring sustainability and comfort with various exercises and equipment. Cole's coaching has seen success across diverse demographics, including NCAA Division I scholar-athletes, United States Special Forces personnel, post-injury individuals, office workers, and active older adults. Specializing in functional training, Cole aims to increase muscle mass, reduce fat mass, and address common issues like lower back and shoulder/wrist problems. To begin your fitness journey, contact Cole at colelarson888@gmail.com.



Katie C. is a certified personal trainer through the American Council on Exercise, with a Master's Degree in Public Health focusing on Community Health Education. She believes that new health journeys begin with small behavior changes, resulting in a considerable impact on daily living and long-term health. Additionally, Katie is intimately familiar with injury recovery and the challenges presented with regaining strength, mobility, and flexibility.



Katie specializes in collaboratively working with teens and adults looking to improve their quality of life through strength training, stability, mobility, and core strength. Katie can be contacted at katie@catterfeld.com.

Terry T's philosophy is working in collaboration with clients to create an individual exercise plan that helps them achieve their goals -wherever they are in their fitness journey. Working together we create a program that will improve your strength as well as your stability, mobility and flexibility. She specializes in working with older adults. Contact Terry at terry@askewview.com.



Anastasia B has worked in the fitness industry for more than 20 years. She is a certified personal fitness trainer and group exercise instructor through the Athletics and Fitness Association of America (AFAA) and holds numerous certifications including Zumba, water, yoga, barre and more. She worked for about seven years with Marines, Sailors and their dependents at bases in California, Hawaii and Virginia before moving back to Colorado. She specializes in core training, water- and land-based strength training, endurance, flexibility, and injury recovery. Anastasia can be contacted at anastasia87@rocketmail.com.



Michael B is a certified personal trainer and strength & condition Specialist through National Strength & Conditioning Association (NSCA). Michael specializes in programs for Active Older Adults that build strength, muscle, and bone density as well as programs that build strength and conditioning for athletes and weekend warriors. The first step is simply moving correctly. Next add the things in your life that involve movement that you passionately want to continue like skiing, playing with your grandchildren, and living independently. Let's work together to improve your functional capabilities so that activities of daily living are performed with ease. Contact Michael at michael.jo.baird@gmail.com.



FITNESS TESTING & BODY COMPOSITION

Take control of your health & wellness by setting up a time with a trainer to establish your fitness baseline. By knowing your body composition & completing fitness tests, you can create the opportunity to progress in your fitness routine.

In just 50 seconds, the InBody Test Result Sheet will show your body fat, muscle, and body water, giving you a better understanding of your weight and health



To get set up with a trainer for fitness testing contact
Lindsey Witty at LWitty@LouisvilleCO.gov

FITNESS TESTING PACKAGES

Includes Body Composition Analysis with InBody Technology

| SESS | DESCRIPTION | R/NR |
|--------------------------------|---|-----------|
| Body Composition (POS 0504) | Includes InBody analysis. | \$25/\$32 |
| Fitness assessments (POS 0505) | Includes InBody analysis, girth measurements, heart rate & blood pressure, cardio test (walk or step test), push-up test, squat test, curl up test, hamstring flexibility (sit and reach) and shoulder flexibility. | \$45/\$56 |

BEGINNER FITNESS TESTING

The City of Louisville Older Adult Senior Fitness Test is based on the LifeSpan Wellness Program at Fullerton University, by Dr. Roberta Rikli and Dr. Jessie Jones (sometimes known as the Fullerton Functional Test). It is simple, easy-to-use tests that assess the functional fitness of older adults. They are easy to understand and effective tests to measure aerobic fitness, strength and flexibility using minimal and inexpensive equipment. We have enhanced this test with information and data from The Healthways Silver Sneakers Fitness Program.

| SESS | DESCRIPTION | FEE |
|---------------------|---|---|
| Fitness assessments | Tests include: Chair Stand Test (lower body strength), Arm Curl Test (upper body strength), Chair Sit and Reach Test (lower body flexibility test), Back Scratch Test (upper body flexibility), Functional Reach Test (dynamic balance test), 8-Foot Up and Go Test (agility test), Walk Test (6 minutes) or Step in Place Test (2 minutes) – this test is used to assess aerobic fitness | \$12 with your Silver Sneakers, Renew pass \$15 |



Weight Room Orientation

Learn how to set up & effectively use the equipment in the weight room area.

Mondays at 10: 45 am

Water Aerobics

| DAY | TIME | TYPE | INSTRUCTOR | LOCATION |
|-----|-------------------|----------------------|------------|--------------|
| Mon | 7:00-8:00am | RiverFit | Francesca | Lazy River |
| | 9:00-10:00am | AquaFit Combo | Donna | Program Pool |
| | 12:00-1:00pm | Deep Aerobics | Mary | Program Pool |
| | 6:00-7:00pm | Deep Aerobics | Margie | Program Pool |
| Tue | 8:00-8:45am | RiverFit | Mary | Lazy River |
| | 9:00-10:00am | Deep Aerobics | Mary | Program Pool |
| | 11:00am-12:00pm | H2O Running (\$) | Mary R. | Program Pool |
| | 12:15-1:00pm | H.I.I.T. AquaFit | Jenny | Program Pool |
| Wed | 10:00-11:00am | Aqua Zumba | Laura | Program Pool |
| | 11:15am - 12:15pm | Gentle AquaFit Combo | Rain | Program Pool |
| | 12:30-1:30pm | H.I.I.T. AquaFit | Rain | Program Pool |
| | 6:00-7:00pm | Deep Aerobics | Margie | Program Pool |
| Thu | 8:00-8:45am | RiverFit | Mary | Lazy River |
| | 9:00-10:00am | Deep Aerobics | Mary | Program Pool |
| | 11:00am-12:00pm | H2O Running (\$) | Mary R. | Program Pool |
| | 12:15-1:00pm | Aqua Zumba | Laura | Program Pool |
| Fri | 9:00-10:00am | H.I.I.T. AquaFit | Anastasia | Lap Pool |
| | 10:15-11:15am | Gentle AquaFit Combo | Rain | Program Pool |
| | 12:00-1:00pm | Deep Aerobics | Margie | Program Pool |
| Su | 12:00-1:00pm | Dance in the Water | Laura | Program Pool |
| | 3:30-4:30pm | AquaFit Workshops | Margie | Program Pool |

AquaFit Combo These classes incorporate both deep & shallow water interval workout mixed in with body movements to build muscle, flexibility core strength & stamina in all parts of the body. This class is a fun workout without impact on your joints.

Aqua Zumba This class brings a new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

Deep Aerobics Deep Aerobics This class is designed to be no impact and improve cardiovascular, muscle strength, core and flexibility. Belts are provided.

H2O Running (\$) This class provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided.

H.I.I.T AquaFit Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

River Fit A self-paced class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

Dance in the Water A beginner dance class that takes place in the shallow part of the pool. You will learn movements from ballet, jazz and dances from around the world. The water will increase your range of motion, your fun and let you move in ways you don't expect!

AQUAFIT WORKSHOPS | Ages 18+

Deep water Aerobics for all levels with emphasis each time on a variety of low impact strengthening, flexibility & endurance in a fun, friendly atmosphere with a variety of songs to accompany the classes. Each class changes up different devices: Buoys, Balls & noodles to enhance the workouts. Instructor: Margie H.

| CODE | SESS | DAY/DATE | TIME |
|------------------------------|------|----------|-------------|
| 30012 | 1 | Su 9/15 | 3:30-4:30pm |
| 30012 | 2 | Su 10/13 | 3:30-4:30pm |
| 30012 | 3 | Su 11/10 | 3:30-4:30pm |
| 30012 | 4 | Su 12/15 | 3:30-4:30pm |
| Pay drop in fee or use pass. | | | |

RUNNING H2O | Ages 18+

Running H2O provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation. All you need is your swimsuit and water bottle! Running H2O is coached by Mary Ritter, Owner of Body Transformations, Certified Running H2O Instructor, USAT Coach and CPT/CES/PES/SSI Drop in available at the Louisville Recreation & Senior center only. \$12/class POS 0521

| CODE | SESS | DAY/DATE | TIME | FEE |
|--|------|------------------|---------------|------|
| Louisville Recreation & Senior Center | | | | |
| 30043 | 1 | T/Th 9/3-9/26 | 11:00-12:00pm | \$72 |
| 30043 | 2 | T/Th 10/15-10/31 | 11:00-12:00pm | \$54 |
| 30043 | 3 | T/Th 11/5-11/21 | 11:00-12:00pm | \$54 |
| 30043 | 4 | T/Th 12/3-12/19 | 11:00-12:00pm | \$54 |

Adult Classes



NEW HIKE & DRAW BENEATH THE FLATIRONS | Ages 18+

See the land with new eyes as you hike & draw on City of Boulder Open Space Mountain Parks (OSMP) trails with a view of the famous Flatirons! Explore a variety of drawing media & techniques & apply the basic visual elements of art: line, shape, space, light, color, & texture. Naturalist Suzanne Michot will guide participants along the trails, interpreting aspects of the natural world that surround us & give us inspiration. She will discuss some of the flora, wildlife, geology & history of the area. Lisa Michot, artist & teacher, will provide drawing instruction. No drawing experience necessary. Participants should bring their own supplies such as a sketchbook or loose drawing paper, drawing pencils, color pencils, & eraser. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. Wear boots & bring water, rain gear & a snack. Instructors: Suzanne Michot and Lisa Michot.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|-----------|
| 30016-1 | Sa 9/7 | 1:00-4:00pm | \$20/\$25 |

NEW NATURE & HISTORY HIKE

Venture back more than 120 years on this fun, three-mile hike with naturalist Suzanne Michot. Come and discover how the histories of Chautauqua and Boulder Open Space Mountain Parks (OSMP) are woven together! Your guide will interpret the history, flora, wildlife and geology that surround and inspire us along the trail. Elevation gain approximately 700 feet. Wear boots or sturdy shoes and bring water, snack and rain gear. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. No pets please. Instructor: Suzanne Michot.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|-----------|
| 30016-2 | Sa 9/14 | 1:00-3:15pm | \$20/\$25 |

NEW EVENING HIKE TO WOODS QUARRY

Unwind after a busy work day by taking a fun hike to Woods Quarry. Follow naturalist Suzanne Michot to one of the historic stone quarries within the City of Boulder Open Space Mountain Parks. Find out about this unique place and the interesting plants and animals of the area. You'll also learn some of the history and geology of the quarry. The hike is approximately 2.5 miles round trip with a 700 foot elevation gain. Wear sturdy tennis shoes or boots and bring rain gear and a snack. Meet at the Chautauqua Dining Hall, 900 Baseline Road in Boulder. No pets please. Instructor: Suzanne Michot.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|-----------|
| 30016-3 | Th 10/3 | 5:00-7:15pm | \$20/\$25 |

Fitness & Wellness

PAINTING CONNECTION | Ages 13+

Brought to you by CBart Studios
 www.cbartstudios.com
 info@cbartstudios.com



Enjoy an evening of fun, frivolity, and friendship. Unleash your inner artist and create your own masterpiece. Meet with others in our community to enjoy a cup of tea, conversation, and creativity. Plan to arrive early to check in, grab your seat and relax.

| CODE | SESS | DAY/DATE | TIME | | FEE |
|-------|------|----------|-------------|---------------------------|------|
| 32129 | 1 | W 10/9 | 5:30-7:30pm | Sunset Autumn Landscape | \$40 |
| 32129 | 2 | W 10/9 | 5:30-7:30pm | Additional Family Member | \$30 |
| 32129 | 3 | W 12/11 | 5:30-7:30pm | Winter Sunset with Aspens | \$40 |
| 32129 | 4 | W 12/11 | 5:30-7:30pm | Additional Family Member | \$30 |

ADULT BEGINNER ACOUSTIC GUITAR

Guitar for adults wanting to learn basic chords, strumming and simple melodies. Must provide your own guitar. Instructor Alex Thoele

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------|-------------|-------|
| 37005 | 1 | T 9/3-9/24 | 6:15-7:00pm | \$160 |
| 37005 | 2 | T 10/1-10/22 | 6:15-7:00pm | \$160 |
| 37005 | 3 | T 10/29-11/19 | 6:15-7:00pm | \$160 |
| 37005 | 4 | T 12/3-12/17 | 6:15-7:00pm | \$120 |
| 37008 | 1 | W 9/4-9/25 | 6:15-7:00pm | \$160 |
| 37008 | 2 | W 10/2-10/23 | 6:15-7:00pm | \$160 |
| 37008 | 3 | W 10/30-11/20 | 6:15-7:00pm | \$160 |
| 37008 | 4 | W 12/4-12/18 | 6:15-7:00pm | \$120 |

ADULT INTERMEDIATE ACOUSTIC GUITAR

Guitar for adults wanting to build on their guitar strengths in a group setting. Learn to play songs with other guitar enthusiasts. Must provide your own guitar. Instructor Alex Thoele

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------|-------------|-------|
| 37006 | 1 | T 9/3-9/24 | 7:15-8:00pm | \$160 |
| 37006 | 2 | T 10/1-10/22 | 7:15-8:00pm | \$160 |
| 37006 | 3 | T 10/29-11/19 | 7:15-8:00pm | \$160 |
| 37006 | 4 | T 12/3-12/17 | 7:15-8:00pm | \$120 |
| 37009 | 1 | W 9/4-9/25 | 7:15-8:00pm | \$160 |
| 37009 | 2 | W 10/2-10/23 | 7:15-8:00pm | \$160 |
| 37009 | 3 | W 10/30-11/20 | 7:15-8:00pm | \$160 |
| 37009 | 4 | W 12/4-12/18 | 7:15-8:00pm | \$120 |

LIFE STRATEGIES FOR WHOLE BRAIN LIVING

Our brains are cool! Your brain team, made up of your Four Characters, can huddle together at any moment to analyze what is going on in your life and then collectively decide who and how you want to be in the next circumstance. We have far more power over conscious choice than we were ever taught in school. Modeled on best-selling author Jill Bolte Taylor's Whole Brain Living: the Anatomy of Choice and the Four Characters that Drive Our Life, we will practice the power of choosing which character we want during the ongoing conversations we have with ourselves. In parallel with understanding the "We Inside Me," we will explore why as we get older we lose accuracy, precision, and fluency in our behavioral operations. An understanding of how what you are not doing can contribute to deteriorating neurological competencies can contribute to better brain health.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------------|---------------|------|
| 38139-1 | W 10/16-10/30* | 10:00-11:30am | \$50 |
| 38139-2 | W 11/6-11/20* | 10:00-11:30am | \$50 |

*Participants are asked to read or listen to Whole Brain Living, or one of the hundreds of podcasts with Dr. Jill Bolte Taylor.

PUZZLE PALOOZA



PUZZLEPALOOZA

Join us for another Puzzlepalooza! Teams of two to four to compete to finish a 500-piece puzzle in the shortest amount of time. The puzzle of our choice will be provided. Only one team member needs to register; this person will be the primary contact for their team. And, you'll be able to take your puzzle home! Snacks provided.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|-----------|
| 38044-1 | F 12/27 | 6:00-8:00pm | \$20/\$25 |

Indoor Turf Gym



Bring the outdoors, IN!

- Turf field great for soccer, lacrosse and other sports.
- Rent the Turf Gym for your next team practice, game or other event.
- Turf Birthday Parties!

NERF GUN BATTLE DAY

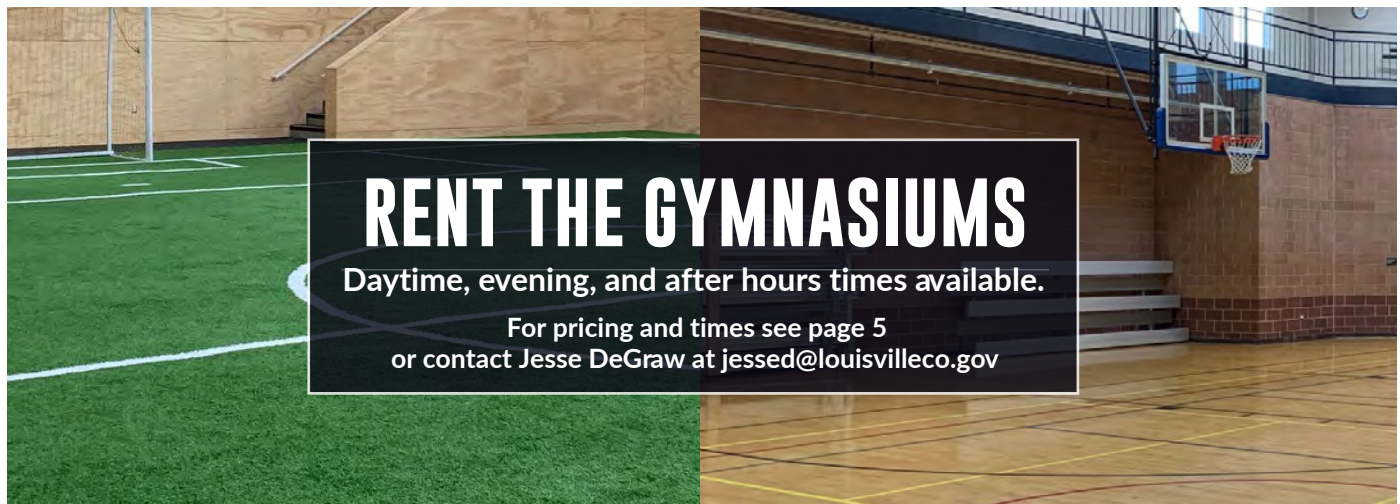
Come join us for a fun and exciting Nerf gun battle in the turf gym! Our Nerf gun staff will set up barricades and provide guns, darts, and eye protection for up to 30 kids at a time. If we have more than 30 kids, games will be timed, and a rotation will be set up. Staff will facilitate the games, ensuring that kids are having a blast and staying safe. Personal guns are welcome, but players must use the darts provided.

| DAY/DATE | AGES | TIME | R/NR |
|----------|-------------|--------------|-----------------------------------|
| Sa 8/24 | K-6th grade | 9:00-10:30am | Free with Membership or Daily Fee |
| Sa 10/26 | K-6th grade | 9:00-10:30am | Free with Membership or Daily Fee |

BOCCE BALL DROP-IN

Let's play Bocce! Go to the Indoor Turf Field on the days and times designated for fun and friendly competition. All are welcome, including beginners.

| DAY | TIME |
|-------------------|--------------|
| Th 8/22-12/19* | 12:30-3:30pm |
| *No drop-in 11/28 | |



RENT THE GYMNASIUMS

Daytime, evening, and after hours times available.

For pricing and times see page 5
or contact Jesse DeGraw at jessed@louisvilleco.gov

Sports



Soccer

REGISTRATION AND OTHER INFORMATION

1. Registration for fall soccer starts Wednesday, May 26 for residents and Friday, May 28 for non-residents.
2. **Registration ends August 4. Coaches Meeting 8/14**
3. If unable to place a child, a refund or credit will be given.
4. We reserve the right to combine leagues, depending on the number of participants.
5. No refunds will be given after the first practice.
6. The season is based on a 7 game season. While every attempt will be made to make-up games that are canceled, we do not guarantee 7 games.
7. Each participant must purchase a red and blue Louisville Soccer shirt for \$20.00. Shirts are worn during games. Previous year's participants may use shirts already purchased.
8. Practices are twice a week depending on team and coach.
9. **Schedule requests are not guaranteed.**

YOUTH SOCCER

The Louisville Recreation Center continues to develop one of the best recreational soccer programs in the state by updating the format to allow kids to play with those more compatible in age. Stressing participation, development of skills and enjoyment, boys and girls ages K-8th are encouraged to get involved. Practices will be twice per week, games on Saturdays with some games played with Lafayette to add to league variety. VOLUNTEER COACHES are needed for this program. If interested, call Jesse DeGraw at 303-335-4909. Rainout line 303-335-4998.

BOYS SOCCER

| CODE | GRADES | PRACTICE BEGINS | GAMES BEGIN | R/NR | EARLY R/NR |
|-------|--------------|-----------------|-------------|-----------|------------|
| 26221 | Boys K/1st | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |
| 26222 | Boys 2nd/3rd | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |
| 26223 | Boys 4th/5th | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |
| 26224 | Boys 6th-8th | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |

GIRLS SOCCER

| CODE | GRADES | PRACTICE BEGINS | GAMES BEGIN | R/NR | EARLY R/NR |
|-------|---------------|-----------------|-------------|-----------|------------|
| 26225 | Girls K/1st | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |
| 26226 | Girls 2nd/3rd | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |
| 26227 | Girls 4th/5th | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |
| 26228 | Girls 6th-8th | 8/26 | 9/7 | \$80/\$92 | \$60/\$72 |

Practices are not determined until coaches have been secured and teams created. This process happens after the deadline.

Basketball

REGISTRATION AND OTHER INFORMATION

1. Registration for Louisville residents begins online for residents on 8/14 and non residents on 8/21
2. **Early registration ends December 7***
3. If unable to place a child on a team, a refund or credit will be given.
4. Children must be in the appropriate grade during the 2024/2025 academic year.
5. No refunds will be given after the first practice.
6. Waiting list: A waiting list is created after the league has filled. Participants are placed on the waiting list according to the dates registered. Coaches do not have the authority to add players to their team. THE LEAGUE ADMINISTRATOR WILL PLACE ALL PLAYERS ON TEAMS.
7. Coaches Meeting will be on Wednesday, December 11 at 5:30pm at the Louisville Recreation Center. All coaches must attend.

BOYS BASKETBALL | Grades 3rd-12th

| CODE | GRADES | PRACTICE BEGINS | GAMES BEGINS | R/NR | EARLY R/NR* |
|-------|------------------------------------|-----------------|--------------|-----------|-------------|
| 16101 | 3 rd & 4 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |
| 16102 | 5 th &6 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |
| 16103 | 7 th & 8 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |
| 16104 | 9 th - 12 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |

GIRLS BASKETBALL | Grades 3rd-12th

| CODE | GRADES | PRACTICE BEGINS | GAMES BEGINS | R/NR | EARLY R/NR* |
|-------|-----------------------------------|-----------------|--------------|-----------|-------------|
| 16111 | 3 rd & 4 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |
| 16112 | 5 th &6 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |
| 16113 | 7 th & 8 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |
| 16114 | 9 th -12 th | 1/6 | 1/18 | \$78/\$93 | \$58/\$73 |

LOUISVILLE BASKETBALL CAMP | Ages 8-12

Your child will learn about the game while they develop or improve the skills they already have for future success. Participants will learn fundamentals of dribbling, passing, shooting, rebounding, defense and court awareness. Success is achieved through basic drills and team play. Located at Louisville Elementary.

| CODE | GRADES | DAY/DATE | TIME | EARLY R/NR* |
|-----------------|-----------------------------------|--------------------|-----------|-------------|
| 36210 | 4 th / 5 th | Tu Th 10/22-11/12* | 6:00-7:15 | \$75/\$94 |
| 36211 | 6 th / 7 th | Tu Th 10/22-11/12* | 7:15-8:30 | \$75/\$94 |
| *No class 10/31 | | | | |

Sports Action

These fun-filled courses are designed to introduce your child to the basic rules of the sports and exercise, including more specialized skills necessary for game time. We develop your child's athletic and social skills in our 4-week sessions. Co-ed.

KICKBALL/T-BALL | Ages 3-5

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|--------------------|---------------------|-----------|
| 36030 | 2 | Tu Th 8/27-9/19 | 11:00am- 12:00pm | \$57/\$72 |

BROOMBALL/SOCCER | Ages 3-5

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|---------------------|---------------------|-----------|
| 36030 | 3 | Tu Th 9/24-10/17 | 11:00am- 12:00pm | \$57/\$72 |

BASKETBALL CAMP | Ages 3-5

A fun filled two week course introducing your youngster to the game of basketball. Dribbling, passing, shooting and working together will all be part of the learning.

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|----------------------|---------------------|-----------|
| 36030 | 4 | Tu Th 10/22-10/31 | 11:00am- 12:00pm | \$43/\$54 |

GYM GAMES | Ages 3-5

| CODE | SESS | DAY/DATE | TIME | R/NR |
|------------------------|------|--------------------|---------------------|-----------|
| 36030 | 5 | Tu Th 11/5-12/5 | 11:00am- 12:00pm | \$57/\$72 |
| No class 11/26 & 11/28 | | | | |

GOLF CAMP | Ages 3-5

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|----------------------|---------------------|-----------|
| 36030 | 1 | Tu Th 12/10-12/19 | 11:00am- 12:00pm | \$43/\$54 |

Sports

NEW Super Tots!

Give your little superstar an awesome first step into sports with Super Tots!



All SuperTots programs are progression-based with a goal of having participants “graduate” to the next level as they grow. Our curriculum is designed to provide age-appropriate challenges and skill development at each offering level. Inside the Louisville Recreation Center Turf gym.

Soccer Tots | Ages 3-5

| CODE | SESS | AGE | DAY/DATE | TIME | FEE |
|-------|------|-----|---------------|---------------|------|
| 26400 | 1 | 3-4 | W 9/4-9/25 | 4:30pm-5:10pm | \$75 |
| 26400 | 2 | 4-5 | W 9/4-9/25 | 5:20pm-6:00pm | \$75 |

1STDOWN TOTS | Ages 3-5

| CODE | SESS | AGE | DAY/DATE | TIME | FEE |
|-------|------|-----|-----------------|---------------|------|
| 26401 | 1 | 3-4 | W 10/2-10/23 | 4:30pm-5:10pm | \$75 |
| 26401 | 2 | 4-5 | W 10/2-10/23 | 5:20pm-6:00pm | \$75 |

VOLLEYCATS | Ages 3-5

| CODE | SESS | AGE | DAY/DATE | TIME | FEE |
|-------|------|-----|------------------|---------------|------|
| 26402 | 1 | 3-4 | W 10/30-11/20 | 4:30pm-5:10pm | \$75 |
| 26402 | 2 | 4-5 | W 10/30-11/20 | 5:20pm-6:00pm | \$75 |

Adult Tennis

ADULT TENNIS DRILLS | Ages 18+

Tennis drills are intended for advanced beginner and intermediate tennis players to improve consistency through technique instructions and drill repetitions. Drills will cover a mixture of basic and advanced tennis stroke fundamentals. Instructor Jim Gilbert.

| CODE | SESS | DATE | TIME | R/NR |
|-------|------|--------------|--------------|-----------|
| 36612 | 1 | Th 8/15-9/5 | 8:00-9:00am | \$50/\$63 |
| 36612 | 2 | Th 8/15-9/5 | 9:00-10:00am | \$50/\$63 |
| 36612 | 3 | Th 9/12-10/3 | 8:00-9:00am | \$50/\$63 |
| 36612 | 4 | Th 9/12-10/3 | 9:00-10:00am | \$50/\$63 |



Senior Tennis

DROP-IN SENIOR TENNIS | Ages 60+

- Held on four courts, from 8am-10am, on Fridays at the Centennial Courts off of Regal and Garfield.
- Registration is not required and all levels of skill are welcome. Must be 60 years of age or older.
- Equipment is not provided
- There are no extra fees for drop in tennis.
- This is meant to be a fun, social opportunity for all those interested.
- There will be no drop in tennis on days that City of Louisville Tennis Team has matches and only three courts when CVTA is using one. Dates to be determined.





Adult Pickleball

Instructor: Kathy Mihelic,
PPR Certified Pickleball Professional

All lessons, camps, and tournaments are held on Wednesdays either at 12:00pm or 2:00pm.

*Fees are for one class.

LEARN TO PLAY PICKLEBALL | Age 18+

This clinic is for newbies! You will learn some basic techniques, rules and scoring! Paddles are available for use during the lesson.

| CODE | DAY/DATE | TIME | FEE |
|-------|-------------------------|---------|-------|
| 36701 | W 9/4, W 10/2, W 10/30* | 2 hours | \$40* |

ADVANCED INTERMEDIATE SKILL AND DRILL

For Competitive player only. Must have enough mobility and consistency to work on advanced level drills. First hour will be drill followed by an additional half hour of coached gameplay.

| CODE | DAY/DATE | TIME | FEE |
|-------|--------------------------|-----------|-------|
| 36708 | 9/4, 9/25, 10/16, 11/13* | 1.5 hours | \$30* |

INTERMEDIATE CLINIC – SKILLS AND DRILLS | Age 18+

Players should know how to execute all the basic shots with some consistency: Serve, return, dink, and 3rd shot drop. The first hour will be drills followed by an additional half hour of coached gameplay.

| CODE | DAY/DATE | TIME | FEE |
|-------|---------------------------|-----------|-------|
| 36703 | W 9/18, W 10/30, W 12/11* | 1.5 hours | \$30* |
| 36703 | W 9/18, W 10/30, W 12/11* | 2 hours | \$40* |

ADVANCED BEGINNER SKILLS & DRILLS | Age 18+

Players should know basic shots, rules and how to score. This clinic will help those who are struggling with some consistency and need some coaching on technique and strategy. The first hour will be drills followed by an additional half hour of coached gameplay.

| CODE | DAY/DATE | TIME | FEE |
|-------|-----------------------------------|-----------|-------|
| 36702 | W 9/25, W 10/23, W 11/20, W 12/11 | 1.5 hours | \$30* |
| 36702 | W 9/25, W 10/23, W 11/20, W 12/11 | 2 hours | \$40* |

ROUND ROBIN TOURNAMENT (GAME PLAY) | Age 18+

This will be a Round Robin Competition. Players should be confident in all the Pickleball rules and scoring. Player may sign up as a team or as individuals and we will pair you with someone else looking for a partner. Both partners will need to register. Limited to 12 teams.

| CODE | DAY/DATE | TIME | FEE |
|-------|--------------------------------|---------|-------|
| 36709 | W 9/11, W 10/9, W 11/6, W 12/4 | 3 hours | \$40* |

ADVANCED BEGINNER MIXER (GAME PLAY) | Age 18+

This will be a social mixer for players who are confident in scoring and rules and are ready for some friendly competition. There will be three courts of doubles play. A timer is set for 15 minutes. At the end of 15 minutes, the winning teams moves up a court and split partners and losers move down a court and split partners. The Pickleball Pro will monitor play and help coordinate the mixer.

| CODE | DAY/DATE | TIME | FEE |
|-------|------------------------------------|-----------|-------|
| 36705 | W 9/18, W 10/16, W 11/13, W 12/18* | 1.5 hours | \$30* |
| 36705 | W 9/18, W 10/16, W 11/13, W 12/18* | 1.5 hours | \$30* |

INTERMEDIATE LEVEL MIXER (GAME PLAY) | Age 18+

This will be a social mixer for players who are confident in scoring and rules and are ready for some friendly competition. There will be three courts of doubles play. A timer is set for 15 minutes. At the end of 15 minutes, the winning teams moves up a court and split partners and losers move down a court and split partners. The Pickleball Pro will monitor play and help coordinate the mixer.

| CODE | DAY/DATE | TIME | FEE |
|-------|---------------------------|-----------|------|
| 36707 | 10/2, 10/23, 11/20, 12/18 | 1.5 hours | \$30 |
| 36707 | 10/2, 10/23, 11/20, 12/18 | 1.5 hours | \$30 |

Sports

Other Area Youth Sports

MONARCH LITTLE LEAGUE BASEBALL
www.monarchlittleleague.org

LOUISVILLE YOUTH SOFTBALL & BASEBALL
www.lysba.net

MONARCH YOUTH WRESTLING
www.monarchjuniorwrestling.com

COAL CREEK JR GOLF LEAGUES & PASSES
www.coalcreekgolf.com

MONARCH YOUTH FOOTBALL
www.monarchyouthfootball.com

DROP-IN

TABLE TENNIS

Level of play is intermediate to advanced

Wednesday, 6 PM-9 PM
Sunday, 11 AM - 3 PM

Join NorthSide Table Tennis Club for some drop-in open play in a friendly atmosphere where players can pursue the sport of table tennis at many levels.

Participants must pay at the front desk and present the receipt to the contractor for admittance.

For more information visit www.denvernorthsidett.com

| DAY | TIME | DROP-IN |
|-----|----------------|---------|
| W | 6:00-9:00pm | \$12 |
| Su | 10:30am-1:30pm | \$12 |



Drop-In Pickleball

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|------------------------------|------------------------------------|--|-------------|---|----------|
| 7:30 am - 10 am | 9 am - 12 pm Intermediate | 6 am - 8 am 1:30pm - 3:30pm | 8 am - 11 am Beginner 12 pm - 3:30 pm Lessons | 6 am - 8 am | 9:30 am - 12 pm 4 pm - 7 pm one court | |

INDOOR Recreation & Senior Center Gymnasium

Indoor Schedule begins 8/19.

| | | | | | | |
|--|--------------------------------|-------------|-----------------------|-------------------------------|-------------|---|
| | 9am - 12 pm 6 pm - 8 pm | 7am - 12 pm | 8:30 am - 12:30 pm | 7 am-12 pm 6 pm - 8 pm | 9am - 12 pm | 8 am -10 am 5 pm - 8 pm Family Pickleball |
|--|--------------------------------|-------------|-----------------------|-------------------------------|-------------|---|

OUTDOOR Five courts at the Inline Rink

- Pickleball only during designated times
- All ages
- BYOB&P (Bring your own Balls & Paddles)
- For questions call Jesse DeGraw at 303-335-4909 or jessed@louisvilleco.gov
- Nets provided

PRESCHOOL at the Louisville Recreation & Senior Center

REGISTRATION FOR 2024/2025 SCHOOL YEAR

A Creative Learning Program for ages 3-5

Discover the joy of learning with Building Blocks and Stepping Stones preschool classes— a nurturing and stimulating environment tailored to the unique pace of your child’s growth. Our part-time, state-licensed program offers a well-rounded experience that values social emotional development along with academics. With both indoor and outdoor learning spaces, and a curriculum built on play-based learning, we ensure a positive, secure, and engaging atmosphere for your little one. Our team of experienced professionals is dedicated to your child’s educational journey, fostering an environment filled with fun, friendships, and meaningful connections. Located at the heart of the community, the Louisville Recreation & Senior Center serves as an ideal hub for exploration, enrichment, and shared experiences. Universal Preschool and tuition paid options. All fees once paid are non-refundable. Registration for 2025/2026 begins early 2025.



Stepping Stones

Ages 4+ on/by 10/1/24

Universal Preschool (UPK) Interest List



Every child age 4 by 10/1/24 is eligible to receive 15 hours of weekly preschool through the State of Colorado.

| CODE | SESS | DAY/DATE | TIME | ENROLL |
|-------|------|---------------------------|---------------|-------------|
| 62403 | 1 | MWF Aug. 2024-May 2025 | 8:15am-1:15pm | FULL |

NEW! Preschool Enrichment

Ages 3-4 on/by 10/1/24

Extend your preschooler’s week to five days of school with the addition of enrichment activities to include art, free-choice, class meeting, lunch and sports & fitness! Must be enrolled in MWF preschool program to be eligible.

| CODE | SESS | DAY/DATE | TIME | ENROLL R/NR | DEPOSIT R/NR | TUITION R/NR |
|-------|------|---------------------------------|--------------------|-------------|--------------|--------------------------|
| 62404 | 1 | TuTh Aug. 2024- Dec. 2024 | 8:15am- 12:00pm | \$95/120 | \$448/\$560 | \$448/\$560 per month |

Building Blocks

Age 3 on/by 10/01/24

Tuition Pay Only (UPK not available for this class)

| CODE | SESS | DAY/DATE | TIME | ENROLL R/NR | DEPOSIT R/NR | TUITION R/NR |
|-------------------|------|-------------------------------|--------------------|-------------|--------------|--------------------------|
| 62400 | 1 | MWF Aug. 2024- May 2025 | 8:30am- 11:30am | \$95/\$120 | \$386/\$482 | \$386/\$482 per month |
| WAITLISTED | | | | | | |
| 62400 | 2 | MWF Aug. 2024- May 2025 | 12:00pm- 3:00pm | \$95/\$120 | \$386/\$482 | \$386/\$482 per month |
| AVAILABLE | | | | | | |

For more information contact Mandy Perera at 303-335-4902, mandyp@louisvilleco.gov or visit LouisvilleCO.gov/Preschool

Watch our video to learn more!



Youth



HIP HOP | Ages 5-12

Hip Hop and the latest Pop music coupled with dance steps influenced by some of today's finest dance choreographers. A style that is always changing, Hip Hop incorporates poppin', lockin', and body isolations. Students learn the trends of today, as well as, old school moves, allowing dancers to find their own individual swagger and style!"



| CODE | AGE | DAY/DATE | TIME | FEE |
|-------|------|--------------|-------------|-------|
| 32120 | 5-12 | M, 9/16-11/4 | 4:30-5:30pm | \$160 |

Jump Rope

Each jumper will receive a new, individually wrapped, jump rope or are welcome to bring their own as well. Athletic shoes, sunscreen, and water bottles encouraged!



Brought to you by Levitate Jump Rope
levitatejumrope.org

LEVITATE JUMP ROPE TEAM | Ages 8-19

Build existing skills and grow your jumping style in this intermediate to advanced group of jumpers. There will be a focus on learning new skills, fitness, performances, and competition. There will be opportunities for travel to competitions and workshops. Jumpers must have successfully completed the Levitate Jump Rope Team - Beginner Club and received an invitation to join or have previously participated in a jump rope team. For other cases or exceptions, please contact levitatejumrope@gmail.com

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|-------------------|-------------|-------|
| 30042 | 1 | M/W 8/19-12/11 | 6:00-8:00pm | \$300 |

LEVITATE BEGINNER JUMP ROPE CLUB | Ages 8-14

This class is an introduction to the sport of jump rope. We will work on single rope, double Dutch, long rope, and other skills. Please wear athletic shoes and bring a water bottle! Upon completion of this class, participants will be invited to try out for the Levitate Jump Rope Team.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|--------------|-------------|-------|
| 30040 | 1 | M 9/23-10/28 | 6:00-7:00pm | \$150 |

Guitar

BEGINNER ACOUSTIC GUITAR | Age 9-12

Beginner guitar for children aged 9-12 years. Learn basic chords & melodies while having fun with other kids who are interested in music. Must provide your own guitar. Instructor Alex Thoele

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------|-------------|-------|
| 37004 | 1 | T 9/3-9/24 | 5:15-6:00pm | \$160 |
| 37004 | 2 | T 10/1-10/22 | 5:15-6:00pm | \$160 |
| 37004 | 3 | T 10/29-11/19 | 5:15-6:00pm | \$160 |
| 37004 | 4 | T 12/3-12/17 | 5:15-6:00pm | \$120 |
| 37007 | 1 | W 9/4-9/25 | 5:15-6:00pm | \$160 |
| 37007 | 2 | W 10/2-10/23 | 5:15-6:00pm | \$160 |
| 37007 | 3 | W 10/30-11/20 | 5:15-6:00pm | \$160 |
| 37007 | 4 | W 12/4-12/18 | 5:15-6:00pm | \$120 |

Enrichment

TWOODLES | Ages 2 by 10/1/24

This is the ideal class for any youngster ready to explore on their own! The class offers a variety of materials and activities giving children an opportunity to assert their budding independence by making choices based on interest. Inherent in this setting is the opportunity to develop and practice social skills in a supportive and nurturing atmosphere. Circle time for stories, singing, dancing, and sharing enhance the fun and learning! Twoodles students will receive priority registration for our licensed preschool program. Parents must remain in the facility during class, but not in the classroom.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|--------------------|--------------|-------------|
| 32003 | 1 | Tu/Th 9/3-12/19 | 8:30-9:30am | \$347/\$434 |
| 32004 | 1 | Tu/Th 9/3-12/19 | 9:45-10:45am | \$347/\$434 |

No class 11/26, 11/28

CBArt Studios



Brought to you by CBArt Studios
www.cbartstudios.com

ECO FRIENDLY ART | Ages 4-12

Create your own Organic Paints! In this workshop, kids will delve into color theory and its connection to chemistry. They will create natural dyes from fruits and vegetables and use these colors to produce an abstract painting inspired by Wassily Kandinsky. Participants will explore Kandinsky's use of color theory and abstraction, learn about synesthesia, and experiment with music-inspired art.



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|----------|-------------|------|
| 32125 | 1 | Su, 9/15 | 1:00-2:30pm | \$30 |

CREATE A FRIENDLY MONSTER | Ages 4-12

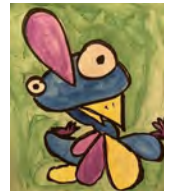
Join our spectacular Halloween celebration featuring drawing and mixed-media collage! Kids will have the chance to unleash their creativity and bring their own unique monsters to life.



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|-----------|-------------|------|
| 32126 | 1 | Su, 10/27 | 1:00-2:30pm | \$30 |

THANKSGIVING TURKEY | Ages 4-12

Join our spectacular Pre-Thanksgiving celebration! Kids will have the opportunity to unleash their creativity and bring to life their own unique Thanksgiving Turkey, drawing inspiration from Pablo Picasso's renowned cubist portraits. Happy Cubist Thanksgiving!



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|-----------|-------------|------|
| 32127 | 1 | Su, 11/17 | 1:00-2:30pm | \$30 |

FAMILY EVENT: HOLIDAY ORNAMENTS & CARDS | Ages 4+

Join us to celebrate this holiday season! Unleash your creativity by crafting unique ornaments, cards, and more. Enjoy holiday pastries and cocoa as you mingle and admire other works. Create unforgettable memories with us as we continue the timeless tradition of gathering with families in the community! Register 1 family member and up to a total of 5 family members may participate for \$50.



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|-----------|-------------|-------------|
| 32128 | 1 | Su, 12/15 | 1:00-3:00pm | \$50/family |

Youth Activities

KONNICHIWA KIDS: DELVING INTO JAPAN'S WONDERS! | Ages 6-11

Embark on a journey into Japan's vibrant heritage with this immersive class designed for curious minds. Sample the art of calligraphy, explore the intricacies of ikebana flower arrangements and origami, and get hands-on with traditional martial arts. You'll even become a pro with chopsticks! Learn conversational skills with introductions and greetings in Japanese, accompanied by iconic tunes. Join us for an enriching blend of activities lead by our native Japanese instructor.



| CODE | SESS | DAY/DATE | TIME | FEE |
|----------------|------|----------------|-------------|-----------|
| 32009 | 1 | W, 9/18-10/23 | 3:30-4:15PM | \$72/\$90 |
| 32009 | 2 | W, 11/6-12/18* | 3:30-4:15PM | \$72/\$90 |
| No class 11/27 | | | | |

Karate



Brought to you by International Martial Arts
(303) 665-0339. www.wimakarate.com



KARATE | Ages 6-adult

This introductory class is designed for those who are interested in karate techniques. The class promotes coordination, self-defense, self esteem, respect, increased attention, confidence levels and FUN!! Hanshi Cyrus Madani, a 9th degree Black Belt, and his instructors, have been teaching all the Karate classes at the Louisville Recreation Center since 1990. His 50+ years martial arts experience and special instruction method helps you succeed from the very first class. Parents, we encourage you to sign up for this class with your child and make karate a family event!

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------|-------------|------|
| 32110 | 1 | M 9/9-9/30 | 5:00-6:00pm | \$60 |
| 32110 | 2 | M 10/7-10/28 | 5:00-6:00pm | \$60 |
| 32110 | 3 | M 11/4-11/25 | 5:00-6:00pm | \$60 |
| 32110 | 4 | M 12/2-12/30* | 5:00-6:00pm | \$75 |

*Make up for class on 12/23 & 12/30, following Sat at 10am.

Classes held at the dojo
(1340 Main St, Louisville) Additional fees for gi and belt testing.

Brought to you by Hope Productions, LLC

"YES, AND..." IMPROV FOR TEENS & TWEENS | Ages 11-15

"Yes, And..." is an invigorating opportunity to learn improvisational theater skills, build confidence, deepen empathy, and develop character(s) and story in a fun, active, creative, collaborative environment. In-the-moment play within the structures of games, techniques, and story-building exercises in a supportive, encouraging environment provides an unlimited backdrop to spontaneity. Explore what lies in the unknown when we YES ourselves and each other. No acting experience is necessary! Wear comfortable clothes you can move in and a bottle of water. Instructor: Kate Hope

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------|----------|-------|
| 32160 | 1 | Th 9/26-10/24 | 6:45-8pm | \$115 |
| 32160 | 2 | Th 11/7-12/12 | 6:45-8pm | \$115 |

Brought to you by MagdoMusic

MAGDOMUSIC | Ages 6 months-5 years

Join our high-energy, interactive children's music program that is wildly entertaining and meaningful for young and older folks alike. Its mixture of original tunes (and antics) combined with a broad spectrum of genres and artists from around the world, delivers messages of fun, sharing, caring, cleaning, learning, eco-friendliness, responsibility, cooperation, inclusion, and individuality. Children under the age of 6 months are free with a registered sibling. This is a caregiver & child together class.



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------------|------|------------------|-----------------|-------|
| 32118 | 1 | Tu, 9/17-10/22 | 10:00am-10:45am | \$120 |
| add'l child | 2 | Tu, 9/17-10/22 | 10:00am-10:45am | \$60* |
| 32118 | 3 | Tu, 10/29-12/10* | 10:00am-10:45am | \$120 |
| add'l child | 4 | Tu, 10/29-12/10* | 10:00am-10:45am | \$60 |

*No class 11/26

SPOOKTACULAR CRITTERS | Ages 4+

Join Open Space staff to learn the real truths about snakes, bats, spiders, and bones. Treat yourself and create a critter craft to make and take home. Wear your best Halloween costumes. Space is limited. Registration required.



| SESS | DAY/DATE | TIME | FEE |
|------|----------|-------------|------|
| 1 | Th 10/26 | 6:00-6:45pm | Free |
| 2 | Th 10/26 | 6:45-7:30pm | Free |

Session 1: Register at <https://bit.ly/Spook2022-1>
Session 2: Register at <https://bit.ly/Spook2022-2>

Get a Letter from SANTA

Sign up your kids to receive a customized letter from Santa!

Parents/Caregiver of registered child(ren) will receive a form link in order to create a personal letter.



| CODE | DATE | R/NR |
|---------|-------------------|---------------------|
| 32023-1 | Deadline, Th 11/7 | \$7/\$10 per letter |

Do you want to represent the youth of Louisville?

Apply to be on the City of Louisville's Youth Advisory Board!

Applications are due by 8 AM on September 3, 2024

To be eligible:

- Must be a Louisville Resident who will be in the 6th-12th grade during the 2024-2025 school year.
- Must be available the first Thursday evening of each month for meetings during the school year.
- Must have additional availability for 2-5 hours a month.
- Must be able to serve on the board for two school years unless a senior in High School. Applicants should have an interest in community issues for youth to include: volunteer work, safety, social, recreational and educational activities, community services and local government.



For more information or to apply visit www.LouisvilleCO.gov/YAB

Youth Activities



FAMILY FAIRY HOUSE WORKSHOP | All Ages

Enjoy a variety of supplies in order to make your very own Fairy House to take home (or bring to the Fairy House Walk at the Arboretum in October!). This is a family event where parents/caregiver and children will work together to make their own whimsical home(s). Price is per house (build one for the whole family or one per person!) Parent/caregiver attends with children. This is not a drop-off event. Snack provided.

| CODE | SESS | DAY/DATE | TIME | R / NR |
|-------|------|----------|-------------|-----------|
| 32029 | 1 | Tu 10/15 | 5:30-7:00pm | \$35/\$44 |

Fall StoryWalk © Kick-off!

Water is Water
by Miranda Paul

Tuesday, November 5

Cottonwood Park

4:00-5:00pm

200 W South Boulder Road

(Louisville, CO 80027)

**KICK OFF
EVENT!**

Read a story on signs as you walk through the park. Join us on November 5th for a craft and refreshments (for the first 30 people) or visit anytime the park is open. The StoryWalk© will be up through November 26.

The StoryWalk© Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. Storywalk© is a registered service mark owned by Ms. Ferguson.

FAIRY HOUSE WALK

Join us for magic in the
Louisville Arboretum!

There is something magical about fairy houses and we want to bring some magic to Louisville! Create your own fairy house at home, either individually, as a group, or as a family, and share it with the community. Place your fairy house by a tree of your choice on the trail around the arboretum (one tree please per family/group please) at the Louisville Arboretum by 8am, Saturday, October 19. We will invite the community to enjoy a walk around the arboretum throughout the weekend to enjoy the houses. Please pick your fairy house by Monday, November 28. This event is free, but please register in advance.

| CODE | SESS | DAY/DATE | FEE |
|-------|------|---------------------|------|
| 32028 | 1 | Sa - Su 10/19-10/27 | FREE |



Oct. 19 - 27

BVSD School Day Out Camps & Classes

Monday, September 30 | No School

ADVENTURES IN STEM WITH LEGO® |

Ages 6-12

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|----------|----------------|------|
| 32175 | 1 | M 9/30 | 9:00am-12:00pm | \$50 |

Monday, October 14 | No School

YOGA, MINDFULNESS & ART | Ages 5-12

This camp introduces children to the fundamentals of yoga postures, mindfulness, and meditation. It fosters bodily and social awareness, refines gross motor skills, and cultivates inner peace. Camp will incorporate music, games, and crafts. It is full of fun and total stress relief! Children will learn skills that can be transported off the mat and into everyday life. Please send your child to class with a water bottle, yoga mat, and nut-free snack.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|----------|----------------|------|
| 32107 | 1 | M 10/14 | 9:00am-12:00pm | \$50 |

GHOSTLY SLIME TIME

WITH KIDCREATE STUDIO | Ages 4-9

Slippery, slimy, spooky... BOO! It's Halloween, so we're making ghostly goo! Create your very own Halloween slime, then dress up a spooky jar to keep it in. Monsters, bats, ghosts, pumpkins, and more- what creepy creature will you make? The artists are invited to wear their costumes to class for extra Halloween fun. Please pack a nut free snack and drink for your child..



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|----------|----------------|------|
| 32195 | 1 | M 10/14 | 9:00am-12:00pm | \$60 |

Monday, November 11 | Veterans Day

CHEMICAL CURIOSITIES | Ages 5-12

Ooze into action, manipulate matter and witness some radical reactions in this exciting Chemistry-themed program from Mad Science! Slide down the colorful pH scale and dip into the science of acids and bases. Make your own ooey, gooey Mad Science slime to take home! Grab your lab coat and let's head to the laboratory for some chemical curiosities.



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|----------|----------------|------|
| 32135 | 1 | M 11/11 | 9:00am-12:00pm | \$60 |

November 25 - 27 | Thanksgiving Break

HOW THE GRINCH STOLE BRICKS (& MAKE-AND-TAKE!) | Ages 5-10



In this workshop, students will immerse themselves in the city of Whoville and the story of the Grinch! They will design machines to help the Grinch with his sneaky mission to ruin Christmas, build the city of Whoville, and create sleds to get from the top of Mt. Crumpit down to the city of Whoville! Students will explore STEAM concepts as they create builds used for friendly competition and time challenges. No matter what the Grinch says, it's going to be a blast! Students will take home a festive build at the end.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|--------------|----------------|-------|
| 32145 | 1 | M-W 11/25-27 | 9:00am-12:00pm | \$180 |

Winter Break Camps

COLOR ME CHRISTMAS

WITH KIDCREATE STUDIO | Ages 5-12



Get ready for a holly jolly time at our wildly vibrant Christmas class! We'll be decking the halls with all the colors of the rainbow and spreading festive cheer like never before. From creating sparkling snowflakes, colorful candy gingerbread houses and brightly colored Christmas decor, you'll be immersed in an explosion of hues and happiness. So come make merry with us and experience a technicolor Christmas! Please pack a nut free snack and drink for your child each day.

| CODE | SESS | DAY/DATE | TIME | R/NR |
|-------|------|---------------------|----------------|-------|
| 32196 | 1 | M-Tu 12/23-12/24 | 9:00am-12:00pm | \$120 |

WINTER WONDERLAND ENGINEERING WITH LEGO® MATERIALS | Ages 6-12



Bundle up, we're creating a spectacular Winter Wonderland! Build bobsleds, design snowplows, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO® pieces at your mitten-tips and the guidance of an experienced Play-Well instructor.

| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|---------------------|----------------|-------|
| 32176 | 1 | M-Tu 12/30-12/31 | 9:00am-12:00pm | \$100 |

EARTHWORKS | Ages 5-12

Children dig-in to Earth science! Earth's layers are introduced with a spotlight on its outer rocky layer. They check out three rock samples to find out how they were made and where they were formed. They inspect minerals with an ultraviolet light to see them fluoresce. Children can make it and shake it to see sediment settle into layers!



| CODE | SESS | DAY/DATE | TIME | FEE |
|-------|------|----------------------|----------------|-------|
| 32136 | 1 | Th, Fri 1/2 & 1/3 | 9:00am-12:00pm | \$125 |



Welcome to the Louisville Senior Center where we provide recreational, educational and wellness activities for seniors age 60 and older. Our center is a place where seniors can gather to meet friends for coffee, attend educational lectures or participate in fitness classes, interest clubs and games such as Mah Jongg and bridge.



Become a Platinum Member and Save \$\$\$ All year long!

As a Platinum member, you will enjoy...

- Continued subsidy on programs offered by the City of Louisville
- Continued **FREE** programs made possible by our volunteers
- Senior Center amenities: computer lab, TV, library, lounge, staff support, and resources
- **FREE** loan closet rentals

| COST PER YEAR: | |
|----------------|------|
| Resident | \$25 |
| Non-Resident | \$38 |



STAFF (L to R): **Tricia Morgan**, Recreation Assistant-Seniors, pmorgan@louisvilleco.gov 303-335-4931; **Katie Beasley**, Senior Services Supervisor, katieb@louisvilleco.gov 303-335-4914; **Katie Tofte**, Community Resource Coordinator, ktofte@louisvilleco.gov 303-335-4919;

SENIORS 60+



Registration Information

Program registration begins at:

Resident: 12:00pm on Wednesday, August 21

Non-Resident: 12:00pm on Friday, August 23



REGISTER ONLINE at
www.LouisvilleRecreation.com

POLICIES: Activities that are canceled for low enrollment will be given a full refund or credit. No refunds or credits for cancellations made less than 3 working days before the start of activity. Special circumstances may be considered. Exceptions: if the event is a ticketed activity, no refunds will be given unless we can resell your ticket.

If you see a class or program offered in the catalog and would like to participate but need specialized assistance, please let us know. A minimum of four weeks is needed to allow us time to support your needs to attend. We do our best to accommodate requests for extra assistance.

The Senior Center and its activities are geared toward independent adults who are able to manage their own care, decision making, and safety. There is no staff, leader, or supervision provided for individuals who require additional care. If a caregiver is needed, an adult (18+) caregiver may participate regardless of age, at the participant's expense.

Table of Contents

- 40** Trips
- 44** Drop-In Programs
- 46** Special Events/Programs
- 48** Brooks Café
- 50** Classes & Seminars
- 54** Fitness
- 54** Health & Wellness
- 55** County Programs
- 56** Resources

TECHGURU

If you need help with the use of a Windows or Apple computer, Microsoft Office application, Outlook, web browser, other software applications, or portable electronic devices, stop by and get some help from Eric, the Senior Center's Tech Guru. A schedule of drop-in sessions will be posted in the senior center each month. No appointment is necessary for these sessions. Individual appointments can also be scheduled by contacting Katie Beasley, 303-335-4914 or katieb@louisvilleco.gov

A Note About Trip Etiquette:

- Please arrive on time. Be here 15 minutes before scheduled departure time.
- Please be considerate of those with limitations who may require the front seat or a window seat.
- Respect your trip leaders. They are trained by staff to lead your trip and are volunteering their time.
- Welcome new people and be an Ambassador for Louisville Senior Services!
- Please enjoy the ride and leave the driving to the driver and leader. Please be flexible. Sometimes things just don't go as planned – traffic jams, weather, disappointing food... we encourage you to not let these things ruin your trip. Make the most of your time!
- Tipping the driver is not included in your fee. Feel free to tip the driver when you receive exceptional customer service!
- Stay hydrated! We recommend that you bring your own water bottle. Bottled water is available for purchase in the Rec Center lobby.

= Minimal Walking

= Low Amount of Walking

= Moderate Amount of Walking/Exertion

= High Amount of Walking/Exertion

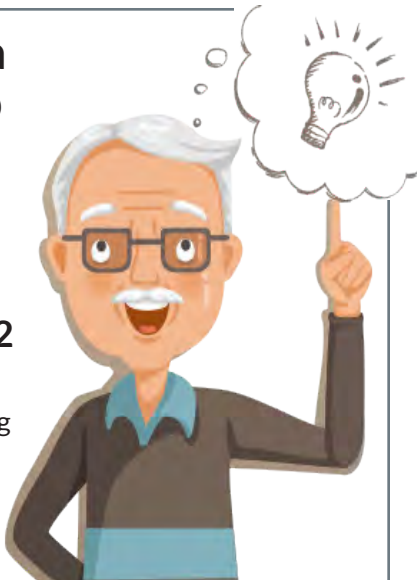
Please contact senior services staff prior to registration for any questions regarding accessibility. Not all venues are accessible. All return times are approximate. Also, some venues do not have full reservations ready when we are working on programs and we will communicate any changes accordingly.

Have an idea for a day trip or program?

Programs Committee Meeting

Thursday, Sept. 12 at 2:00pm

Please consider joining us at this meeting. Email katieb@louisvilleco.gov or call 303-335-4914



Trips



ERIE SOCIAL CLUB, DINNER

All are welcome – this is your club. Step in and escape for an hour or two. Ease into a comfy chair and let the cares of the day wash away. This is your place to unwind, relax, and indulge your senses. A wide variety of wines, old favorites and new discoveries. Spirits poured neat, on the rocks, or mixed into creative cocktails. Sumptuous snacks, perfect pairings. Come as you are – all are welcome. This is Erie Social Club – a wine bar for you, for all, inspired by a little old mining town. Entrée range: \$10-\$22.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|-------------|-----------|
| 38010-1 | W 9/4 | 4:00-7:15pm | \$15/\$19 |

BUC-EE'S, JOHNSTOWN

Welcome to the ultimate pit stop experience at Buc-ee's in Colorado! As you embark on your journey to this iconic travel oasis, get ready for a road trip filled with excitement, convenience, and, of course, plenty of snacks! But Buc-ee's is more than just a convenience store – it's an experience. Make your way to the legendary Beaver Nuggets section and indulge in the sweet, crunchy goodness of these addictive snacks. Then, wander over to the expansive selection of beverages and treat yourself to a refreshing fountain drink or specialty coffee. Then head over to the food section and grab a bite. After our visit to Buc-ee's we will head to a nearby park to enjoy all our yummy purchases. All purchases at your own expense.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|----------------|------------|
| 38011-1 | M 9/9 | 10:00am-2:30pm | \$ 15/\$19 |

RODZ & BODZ MUSEUM, GREELEY

Rodz and Bodz is home to Colorado's premier movie car museum! The first of its kind in Colorado history, Rodz and Bodz has access to over 250 vehicles with a rotating exhibition. From vintage dream cars to incredible movie cars, TV show cars, unique movie memorabilia, one-of-a-kind customs, and hot rods, Rodz and Bodz is sure to deliver an astonishing experience. We will have lunch at Palomino Mexican restaurant before heading back to the center. Lunch on your own. Entrée range: \$13-\$23.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|-----------|
| 38012-1 | W 9/18 | 9:00am-2:45pm | \$31/\$39 |



ESTES PARK MUSEUM & STANLEY HOTEL SPIRITED TOUR

The Estes Park Museum connects the beautiful natural setting to the growth and development of this unique mountain community. We will have time for a self-guided tour of the exhibits before dinner and the Stanley Tour. We will dine at Poppy's Pizza & Grill, entrée range: \$10-\$17. We will end our visit with the Stanley Hotel Spirited Night tour, an hour-long walking tour that will take you through the dark edges of the hotel. It is a unique way to experience the hotel's spirited tales with a knowledgeable storyteller under the ambiance of nighttime in the Rocky Mountains. Each tour offers you opportunities to explore, ask questions, and perhaps leave with a few stories of your own.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|--------------|-----------|
| 38013-1 | Tu 9/24 | 1:30-10:00pm | \$67/\$84 |

BETTY FORD GARDENS/ VAIL VILLAGE

Join us on a serene journey through the natural wonders of Vail, Colorado, as we explore the enchanting Betty Ford Alpine Gardens. Designed with tranquility in mind, this trip is tailored to people seeking a peaceful escape surrounded by breathtaking beauty. Please note the garden pathways are natural uneven rock. What to bring: comfy footwear, hat, sunglasses, sunscreen, water and weather appropriate clothing. Please bring cash for their suggested donation of \$20. After touring the gardens, we will head to Vail Village where we can stroll through the shops and get some lunch at a restaurant of your choosing. There is a lot of walking on this trip.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|-----------|
| 38014-1 | Tu 10/1 | 8:30am-5:00pm | \$25/\$32 |

BUCATINO TRATTORIA ROMANA, LAFAYETTE

Bucatino Trattoria Romana is an authentic Roman Italian restaurant with homemade mozzarellas, homemade pasta, desserts and more. Come enjoy a delicious Italian dinner. Meet at the restaurant. 1265 S Public Rd, Lafayette. Entrée range: \$18-\$28. Dinner on your own.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|---------|
| 38015-1 | W 10/9 | 5:00pm-7:00pm | \$2/\$3 |

BALLY'S CASINO TRIP

We're going back to the hills in hopes of striking it rich up in Blackhawk. Bally's will offer all players with a player's card \$10 Free Slot Play and guests may earn 100 points and receive a \$15 food credit or \$10 additional Free Slot Play. Motor coach transportation provided.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|-----------|
| 38016-1 | Th 10/24 | 9:30am-4:00pm | \$15/\$19 |

Seniors

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS, AURORA

Join us for a tour of the University of Colorado Anschutz Medical Campus. See and hear about the different Medical/Clinical Care facilities, Research enterprise, and Educational enterprise (5 Health Schools). Learn how this great campus was put together and its growth over the years. Tour the Fitzsimons Building where President Eisenhower was cared for and recuperated for 7 weeks. See the floor and the President's actual room. Get a chance to see a research laboratory in action. Hear about the economic impact of the campus for the state and how the facility ranks nationally. The tour will be conducted by Vice Chancellor Neil Krauss and Bucky Dilts (Louisville Recreation member). Bucky works part time as an Older Adult Research Specialist and Community Outreach Liaison. Participants will receive a goodie bag of information and swag items. Don't miss this one-time informative, educational excursion. After our tour of the medical campus, we will stop for lunch. Location TBD.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|-----------|
| 38017-1 | F 10/25 | 8:00am-2:00pm | \$20/\$25 |

STRANAHAN'S WHISKEY TOUR, DENVER

Join us at Colorado's first legal distillery since Prohibition. The Stranahan's American Single Malt Whiskey Tour will consist of an hour-long guided Tour Experience of their Distillery where you learn about the fascinating history of Stranahan's, our ingredients and process that make Stranahan's so unique, and you will sample four of our American Single Malt Whiskey expressions.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|-----------|
| 38018-1 | Sat 11/2 | 1:15pm-4:15pm | \$44/\$55 |



CANDLELIGHT - ALWAYS...PATSY CLINE

"Always...Patsy Cline" brings the timeless music and captivating story of the legendary singer to life onstage. Experience the magic of Patsy Cline's iconic songs and the heartfelt friendship between her and a devoted fan. With unforgettable performances and toe-tapping tunes, this theatrical production is a must-see for fans of country music and heartfelt storytelling.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|----------------|-------------|
| 38019-1 | Th 11/7 | 4:30pm-10:45pm | \$102/\$128 |

BONEFISH GRILL- DINNER, WESTMINSTER

Savor the flavors of the sea at Bonefish Grill. Enjoy fresh seafood and hand-cut steaks in a stylish setting with attentive service. Entrée range: \$20-\$42, dinner on your own.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|-----------|
| 38020-1 | M 11/21 | 4:45pm-7:30pm | \$15/\$19 |



CHRISTMAS AT GAYLORD ROCKIES, DENVER

There's nothing like Christmas in Denver, Colorado at Gaylord Rockies! With thousands of twinkling lights, classic holiday activities, including a Christmas market. We will enjoy the brand-new Cirque-styled Christmas show which features dazzling acrobatics, feats of flexibility, and high-flying stunts. This Broadway-style spectacle is sure to surprise and delight audiences of all ages! You will have time to grab dinner at one of the restaurants on-site. Dinner on your own. Entrée range: \$14-\$100.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|---------------|------------|
| 38021-1 | W 12/4 | 2:00pm-9:45pm | \$80/\$100 |



CU HOLIDAY FESTIVAL



Be immersed in the comfort and joy of twinkling lights, seasonal greenery and beautiful music at CU Boulder’s Holiday Festival, an enchanting annual tradition for all ages. Boulder’s beloved longstanding celebration brings together student choirs, bands, orchestras, and world-class faculty performers for a winter concert of both holiday favorites and new delights.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|----------------|-----------|
| 38022-1 | Sat 12/7 | 12:00pm-3:00pm | \$73/\$92 |

THE ART OF CHEESE, LONGMONT



Cheesemaking 101 with Guided Cheese Tasting and Dairy Goat Farm Tour.

This presentation includes a demonstration on making your choice of Chevre or Ricotta and includes sampling of 4-5 different varieties of cheeses for each participant. They will go over all the equipment and ingredients needed to successfully make this cheese at home, cover the basic science behind cheesemaking, and teach you how to choose and where to find the best milk for the particular cheese you’re making. Each participant will also receive recipes for several easy cheeses and information on cheesemaking resources. At the end of the class, you will get a tour of their dairy goat farm. During our tour of the farm, we will be walking on uneven surface inside and outside.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|--------------|-----------|
| 38023-1 | Tu 12/10 | 12:45-2:45pm | \$67/\$84 |

BLOSSOMS OF LIGHT



Consistently lauded as one of the top holiday light shows in the nation, Blossoms of Light is a spectacular celebration that illuminates our York Street location. Wander a mile-long path through immersive, luminous displays that accentuate and highlight our plant collections. A cherished holiday tradition for nearly four decades, Blossoms of Light is constantly evolving to inspire wonder and delight in even the most seasoned visitors. We will stop for an early dinner on the way to Denver. Restaurant TBD. Tickets for Blossoms of Light have not been released for purchase at this time. If there are logistical changes, we will communicate them.

| CODE | DAY/DATE | TIME | R / NR |
|---------|----------|----------------|-----------|
| 38024-1 | M 12/16 | 3:45pm-10:00pm | \$49/\$62 |

Senior Drop-In Programs

| MONDAY | TUESDAY | WEDNESDAY |
|---|--|---|
| <p>Lending Library Mon – Fri, 9:00am–4:00pm</p> | <p>Lending Library Mon – Fri, 9:00am–4:00pm</p> | <p>Lending Library Mon – Fri, 9:00am–4:00pm</p> |
| <p>Computer Lab Mon – Fri, 9:00am–4:00pm</p> | <p>Computer Lab Mon – Fri, 9:00am–4:00pm</p> | <p>Computer Lab Mon – Fri, 9:00am–4:00pm</p> |
| <p>BRIDGE, All Levels Mondays, 1:15–4:15pm All levels welcome! No partner required. You'll play with different players with various skills and levels. Players should be kind, patient, and helpful.</p> | <p>American MAH JONGG Tuesdays, 1:15-3:15pm</p> | <p>Panera Bread Wednesday, 10:00am Distribution of donated bread from the Superior Panera's. This program is a partnership to provide a portion of basic nutrition for those in greatest need. Please bring your own bag.</p> |
| <p>NEW Chess Club Mondays, 1:15–4:15pm</p> | <p>Book Club 1:00pm, 4th Tues. of each month Book titles listed each month, but if you haven't read the book in time that's OK too!</p> <p>Sept. 24: HOMECOMING, by Kate Morton (fiction, mystery/crime)</p> <p>Oct. 22: MASTER SLAVE HUSBAND WIFE: AN EPIC JOURNEY FROM SLAVERY TO FREEDOM, by Ilyon Woo (biography)</p> <p>Nov. 19: THE HEAVEN & EARTH GROCERY STORE, by James McBride. (Historical fiction)</p> <p>Dec. 17: Holiday Get-Together, (no designated book)</p> | <p>Quantum- Songs & Instruments Wednesday, 11:00am-12:00pm Performing Popular Songs from the 60s & 70s by singing and/or playing your musical instrument. Contact Mike Legge for more information at mikelegge@yahoo.com or 215-801- 6393.</p> |
| <p>Scrabble Wednesday, 12:45-2:45pm Players at any level are welcome to enjoy this word game.</p> | <p>Open Game Day Wednesday, 1:15-4:15pm Join us to learn a game, or teach a game! Rummy, Dominoes, UNO, Chess, Checkers, Cribbage, and others. Not sure? Stop in and see what game(s) are being played! Feel free to bring your favorite game.</p> | <p>Bloomin' Seniors Garden Club 2nd Wednesday, 1:00pm Contact Katie B. for more information at 303-335-4914 katieb@louisvilleco.gov</p> |



Platinum members can participate in drop-in programs free of charge.

See page 42 for more information.

Other Programs

PICKLEBALL

The Recreation & Senior Center has up to three courts available for play. See page 34 or visit www.LouisvilleRecreation.com for scheduled times.

BOOMERS/NEW TO RETIREMENT?

If you are interested in meeting other people in the same chapter in life, this social group typically meets monthly at local restaurants. Join them for friendly conversation and laughter. Email Katie Beasley at katieb@louisvilleco.gov or call 303-335-4914 for more information.

Senior Drop-In Programs

| THURSDAY | FRIDAY |
|--|--|
| <p>Lending Library Mon - Fri, 9:00am-4:00pm</p> | <p>Lending Library Mon - Fri, 9:00am-4:00pm</p> |
| <p>Computer Lab Mon - Fri, 9:00am-4:00pm</p> | <p>Computer Lab Mon - Fri, 9:00am-4:00pm</p> |
| <p>Loving Hands Craft Group Thursdays, 9:00-11:00am For those interested in knitting, crocheting, sewing, needlework, quilting, fiber arts, embroidery, and other crafts. We accept fabric and yarn donations.</p> | <p>Art Club Fridays, 10:00am-12:00pm</p> |
| <p>Samba Thursdays, 1:30-3:30pm A congenial card game that's a combination of Canasta and Hand & Foot. Don't know how to play! That's ok, it's easy to learn! A fun game without pressure.</p> | <p>Blood Pressure Checks provided by Advent Health Avista 10:00-11:00am, 3rd Friday of the month</p> |
| <p>SENIOR CINEMA 1:00pm Sept 19: Ordinary Angels (PG) Nov 21: Arthur the King (PG-13)</p> | <p>Latte Friday Fridays, 10:00-11:00am</p> |
| | <p>Singin' Seniors Choir Fridays, 11:00am-12:00pm Rehearsal is on Fridays and there are opportunities for community performances throughout the year. Contact Connie Howes for more information, 303-665-4876. Join us to sing!</p> |
| | <p>Bridge, Advanced-Intermediate Duplicate Fridays, 1:15-4:15pm Players should be a competent bridge player, with experience in playing duplicate bridge, and be kind to their partner. Email BridgeContact@gregandeva.net for more information.</p> |



BILLIARDS

Billiards Available during regular facility hours.

Senior hours are M-F 10am-4pm

Billiards Guidelines:

- Open to all ages. Must be with an adult if under 14.
- Get into center with membership/daily admission

If you need help with the use of a Windows or Apple computer, Microsoft Office application, Outlook, web browser, other software applications, or portable electronic devices, stop by and get some help from Eric, the Senior Center's Tech Guru. A schedule of drop-in sessions will be posted in the senior center each month. No appointment is necessary for these sessions. Individual appointments can also be scheduled by contacting Katie Beasley, 303-335-4914 or katieb@louisvilleco.gov

ETIQUETTE: If you are planning to attend and participate in an activity, there is an understanding that you know how to participate in that activity. If you are interested in learning about any of the activities offered, please be clear that you are not planning to participate, just observe.

FALLS PREVENTION MONTH

From Awareness to Action | September 2024

Wednesday, September 11

WALKING-GAIT TIPS & TRICKS

Focus on the biomechanics, techniques, and principles of walking to improve efficiency, comfort, and health. You'll learn the mechanics of each step, learn how posture and alignment can prevent injury, explore different foot strike patterns and cadence adjustments, and identify key muscles involved in walking and how to strengthen them for power and endurance. This class will take place in the Turf Gym.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|--------------|------|
| 38205-1 | W 9/11 | 9:00-10:00am | FREE |

Tuesday, September 17

STRATEGIES TO GET UP FROM & DOWN TO THE FLOOR SAFELY

Learn strategies and exercises that will improve your ability to safely get up from and down to the floor. This class will meet in the Mt. Elbert Studio.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|------|
| 38206-1 | Tu 9/17 | 1:15-2:00pm | FREE |



IN BODY ASSESSMENTS: GO BEYOND THE SCALE!

Sign up for a free 20-minute InBody Test Assessment with a trainer to learn about your body fat, muscle, and water, helping you understand your muscle mass and its relation to balance. Preparation details will be provided before your appointment.

Friday, September 6

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|---------|------|
| 38209-1 | F 9/6 | 9:30am | FREE |
| 38209-2 | F 9/6 | 9:50am | FREE |
| 38209-3 | F 9/6 | 10:10am | FREE |
| 38209-4 | F 9/6 | 10:30am | FREE |
| 38209-5 | F 9/6 | 10:50am | FREE |
| 38209-6 | F 9/6 | 11:10am | FREE |

Friday, September 20

THINK FIRST TO PREVENT FALLS

Falls are the leading cause of injury for people over 65. This free 2-hour program helps individuals recognize fall risks in their home and community. Topics include home and community safety, talking with your physician, nutrition, exercise, vision, and medications. Presented by Physical Therapist Sharon Wilson and Occupational Therapist Whitney Todaro.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|--------------|------|
| 38207-1 | F 9/20 | 9:30-11:30am | FREE |

Thursday, September 26

HOW TO WALK PROPERLY WITH A CANE & WALKER

Master the art of walking confidently and safely with a cane or walker in our specialized class. Whether you're recovering, aging gracefully, or supporting someone, this course empowers you with the skills to move with ease and independence. You'll learn step-by-step instructions for smooth, efficient use of your mobility aid and gain strategies for navigating obstacles and uneven terrain.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|------|
| 38208-1 | Th 9/26 | 2:30-3:15pm | FREE |

Friday, September 20

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|--------|------|
| 38210-1 | F 9/20 | 1:00pm | FREE |
| 38210-2 | F 9/20 | 1:20pm | FREE |
| 38210-3 | F 9/20 | 1:40pm | FREE |
| 38210-4 | F 9/20 | 2:00pm | FREE |
| 38210-5 | F 9/20 | 2:20pm | FREE |
| 38210-6 | F 9/20 | 2:40pm | FREE |

HEALTHY, WEALTHY & WISE

Annual Senior Services Wellness & Resource Fair



LEARN ABOUT

Finances
Home Care
Hospice
Housing
Nutrition
Support Groups
Transportation
and more!



FRIDAY
OCTOBER 4, 2024
9:00-11:00AM



FREE

Louisville Recreation & Senior Center
900 W Via Appia, Louisville CO 80027

Recommended for Seniors, their families & caregivers. Refreshments provided.



For more information contact Katie Beasley at katieb@louisvilleco.gov or 303-335-4914



**FALL
FESTIVAL
OKTOBERFEST**

**THURSDAY
OCT 10, 2024
5:30 PM - 7:00 PM**

Don't let this fun event pass you by! We'll enjoy bratwurst with sauerkraut, German potato salad, pretzels, and German chocolate cake for dessert. The Rhinelanders Band will be here! Be ready for a fun and festive evening.

| CODE | DAY/DATE | TIME | MEAL | R / NR |
|---------|----------|-------------|------------|-----------|
| 38040-1 | Th 10/10 | 5:30-7:00pm | Regular | \$11/\$14 |
| 38040-2 | Th 10/10 | 5:30-7:00pm | Vegetarian | \$11/\$14 |

Tree of Warmth

Thursday, December 5th
at 11:00am
No registration required

You are invited to join us as our Loving Hands Craft group donates their lovely articles of warmth to the Safehouse Progressive Alliance for Nonviolence agency at this annual get together. Enjoy music by our own Singing Seniors. Light refreshments will be served in the center lobby.





BROOKS CAFÉ
MONDAY-FRIDAY
 Reservations required.

12 **Indoor Dining: Lunch served promptly at 12 PM**
 If a participant arrives after 12:05pm, they are not guaranteed a meal.

RESERVATIONS:

- Advanced reservations required.
- Call Tricia at 303-335-4931 or email at pmorgan@louisvilleco.gov to make a reservation.
- Reservations must be made by 1:30pm the business day before.

COST:

- Suggested donation for 60+: \$4.25, milk is included.
- For 59 and under, cost is \$12.00.

NEED A RIDE?
 VIA may be available to bring you to lunch. Monday-Friday. Call VIA 303-447-2848.

MENU:

- Menus available online at <https://www.louisvilleco.gov/brookscafe>.
- Chef salad, grilled chicken salad, vegetarian salad, or vegetarian entree available upon request.

NUTRITIONAL COUNSELING:

See Senior Resources guide or contact Tricia Morgan at pmorgan@louisvilleco.gov

BIRTHDAY DAY!

Celebrate our monthly birthdays with a cupcake.

Thursday, September 26

Wednesday, October 23

Thursday, November 21

Wednesday, December 18

BROOKS CAFÉ SPECIAL EVENTS

Bingo2nd & 4th Thurs of the month

Sept. 2.....Closed, Labor Day

Nov. 20..... Thanksgiving Feast

Nov. 27 - 29..... Closed, Happy Thanksgiving

Dec. 11..... Holiday Luncheon

Dec. 24 - 26..... Closed, Happy Holidays

Dec. 31 & Jan 1... Closed, Happy New Year

RSVP: call **303-335-4931** or email **pmorgan@louisvilleco.gov**

two
Holiday Events

Let's celebrate the holidays TOGETHER again this year with our Thanksgiving Feast and Holiday Luncheon events!!

Thanksgiving Feast
Wednesday, Nov. 20 @ 12 PM

| CODE | DAY/DATE | TIME | | R / NR |
|---------|----------|--------------|------------|--------|
| 38041-1 | W 11/20 | 12:00-1:00pm | Regular | FREE* |
| 38041-2 | W 11/20 | 12:00-1:00pm | Vegetarian | FREE* |

We will provide:

Thanksgiving Feast - turkey, stuffing, mashed potatoes, vegetable, cranberry and roll. Vegetarian meal will be meatless turkey.



If your last name begins with...

A-H: please bring a **SALAD**
I-P: please bring a **VEGGIE**
Q-Z: please bring a **DESSERT**

Holiday Luncheon
Wednesday, Dec. 11 @ 12 PM

| CODE | DAY/DATE | TIME | | R / NR |
|---------|----------|--------------|------------|--------|
| 38042-1 | W 12/11 | 12:00-1:00pm | Regular | FREE* |
| 38042-2 | W 12/11 | 12:00-1:00pm | Vegetarian | FREE* |

We will provide:

Holiday Luncheon - ham, cheesy potatoes, caramelized carrots, banana and roll. Vegetarian option will be stuffed acorn squash.



Bring an appetizer or dessert to share with friends at your table.

Both events are free with a suggested donation of \$4.25 for those age 60+ that you can bring to the event. Cost is \$12 for anyone under 60 years of age.

Please register by 1:30 PM the day before each event to ensure we order enough food.



LUNCHTIME RESOURCE TALKS
at the Brooks Cafe

Resource talks are part of the In-Person lunch program. Presentations are from 12:05-12:30pm at the Brooks Café. If you would like lunch, please make your reservation by 1:30pm the business day before by calling 303-335-4931. If you do not wish to eat lunch, you are welcome to attend the presentation without a reservation at 12:05pm.

Wednesday, September 11: Caregiving Resource Specialist

Drew, Caregiving Resource Specialist with the Boulder County Area Agency on Aging, will share about ongoing programs, education, and connection points for caregivers of older adults. Have home accommodation needs? Dealing with dementia? In need of a support group or respite? These topics and more will be discussed.

Wednesday, October 9: Boulder County Co-Responders

Co-Responders from Boulder County will chat about what they do and they we work not only law enforcement but with the members of this community. Co-Responders help individuals in crisis by working to de-escalate; we also work to avoid arrests, incarcerations, and hospitalizations. We also work to provide resources and referrals for those in need.

Wednesday, November 13: Intercambio

Irene Donhowe will share about Intercambio's mission, services offered, and volunteer opportunities through their organization.

Seniors

PUZZLE PALOOZA



PUZZLEPALOOZA

Join us for another Puzzlepalooza! Teams of two to four to compete to finish a 500-piece puzzle in the shortest amount of time. The puzzle of our choice will be provided. Only one team member needs to register; this person will be the primary contact for their team. And, you'll be able to take your puzzle home! Snacks provided.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|-----------|
| 38044-1 | F 12/27 | 6:00-8:00pm | \$20/\$25 |



GAME DAYS

Join us for an afternoon of board games! Have fun and meet new people while challenging your brain with a new game each month. Board game choices will be made while here and will sure to be a good time! Snarf sandwiches and refreshments provided. Led by a game host David Y.



| CODE | DAY/DATE | TIME | R/NR |
|---------|----------|-------------|---------|
| 38043-1 | Tu 9/17 | 4:00-6:00pm | \$5/\$6 |
| 38043-2 | Tu 10/15 | 4:00-6:00pm | \$5/\$6 |
| 38043-3 | Tu 11/26 | 4:00-6:00pm | \$5/\$6 |

Classes & Seminars



“YES, AND” IMPROV FOR EVERYONE

“Yes, And...” Improv for Everyone is an invigorating opportunity to learn improvisational theater skills, build confidence, deepen empathy, and develop character/story in a fun, active, creative, collaborative environment. In-the-moment play within the structures of games, techniques, and story-building exercises in a supportive, encouraging environment provides an unlimited backdrop to spontaneity. Explore what lies in the unknown when we YES ourselves and each other. No acting experience is necessary! Wear comfortable clothes/shoes. Instructor: Kate Hope, Hope Productions, LLC

| CODE | DAY/DATE | TIME | FEE |
|---------|---------------|-------------|-------|
| 38124-1 | Th 9/26-10/24 | 1:00-2:15pm | \$115 |
| 38124-2 | Th 11/7-12/12 | 1:00-2:15pm | \$115 |

BEGINNING BRIDGE

This class is for new players or those who played a long time ago and want to play again. Players need familiarity with a trick-taking card game, such as Pinochle, Spades, Hearts, Euchre, Rock and others. Led by Mary O'Brien.

| CODE | DAY/DATE | TIME | FEE |
|---------|-------------|--------------|-----------|
| 38108-1 | F 9/6-11/22 | 9:30-11:00am | \$50/\$63 |

*No class 11/1, 11/8

BRIDGE THE GAP

Have you taken a beginning bridge class but are not yet comfortable playing in a competitive game? Using a structured series of lessons and practice hands we will cover modern bidding and introduce defense and declarer play skills. Prerequisite: a recent beginning bridge class or permission of the instructor. Led by Anita Estey.

| CODE | DAY/DATE | TIME | FEE |
|---------|---------------|--------------|-----------|
| 38109-1 | W 9/11-11/20* | 9:30-11:30am | \$50/\$63 |

*No class 9/25

BEGINNING SPANISH: PRONUNCIATION, FOUNDATIONAL GRAMMAR, REGULAR VERBS

This class is an introduction to learning Spanish. It is ideal for complete beginners or anyone who would like a review of the fundamentals. We will practice accurate pronunciation, basic Spanish grammar rules, regular verbs in the present tense, and some frequently used irregular verbs. Homework will be given between classes to further students' language studies.

| CODE | DAY/DATE | TIME | FEE |
|---------|--------------|--------------|-------|
| 38112-1 | W 9/11-11/13 | 12:35-1:35pm | \$200 |

*Each student will need the textbook, **Easy Spanish Step-By-Step, 1st edition by Barbara Bregstein.**

ADVANCED BEGINNING SPANISH: PREPOSITIONS, NEGATIVES, SUBJUNCTIVE PART I

This class offers in-depth practice with prepositions and negatives, and an introduction to the subjunctive in Spanish. It is ideal for students who are already comfortable with regular and irregular verbs in the present tense. In addition to practicing prepositions, negatives, and the formation and basic uses of the subjunctive, we will work on building our Spanish vocabulary. Homework will be given between classes to further students' language studies.

| CODE | DAY/DATE | TIME | FEE |
|---------|--------------|-------------|-------|
| 38113-1 | W 9/11-10/23 | 1:45-2:45pm | \$140 |

Each student will need two textbooks:

1. **Easy Spanish Step-By-Step, 1st edition by Barbara Bregstein.**
2. **Short Stories to Learn Spanish, Vol. 1 by Blanca Eugenia Pelayo and Luis Arturo Pelayo**

ADVANCED BEGINNING SPANISH: PAST TENSE PART I

This class is an introduction to past tense in Spanish. It is ideal for students who are already comfortable with regular and irregular verbs in the present tense. In addition to practicing expression in the preterite (completed past), we will continue building our Spanish vocabulary. Homework will be given between classes to further students' language studies.

| CODE | DAY/DATE | TIME | FEE |
|---------|---------------|-------------|-------|
| 38113-2 | W 10/30-12/4* | 1:45-2:45pm | \$100 |

*No class 11/27

Each student will need two textbooks:

1. **Easy Spanish Step-By-Step, 1st edition by Barbara Bregstein.**
2. **Short Stories to Learn Spanish, Vol. 1 by Blanca Eugenia Pelayo and Luis Arturo Pelayo**

MASSAGE IS MORE THAN RELAXATION

Massage isn't just a "feel good" in the moment activity...though isn't that a wonderful thing too! It has far reaching results on your anatomy! Come learn some different ways that a routine of massage can enhance your health and well-being. Complete with techniques you can do on yourself or others. Led by massage therapist Erica Chapman, LMT.



| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|------|
| 38120-1 | Tu 9/24 | 1:00-2:00pm | FREE |

MASSAGE THERAPY with Erica Yoder Chapman



\$85
1 hour

\$75
1 hour
Age 60+

Appointment times will vary.
Contact Erica for availability.

\$45
1/2 hour

\$40
1/2 hour
Age 60+

For appointments call or text 323-868-6693 or email eyoderc@gmail.com

Seniors

Classes & Seminars

AARP SMART DRIVER

AARP's half-day class is designed to sharpen driving knowledge and skills and to develop strategies that can reduce the likelihood of having a crash. Learn how aging, medications, alcohol and other health-related issues affect driving ability, and ways to adjust for these changes. Learn how to drive safely when sharing the road with others. Graduates may be able to qualify for a discount on auto insurance. Please bring your card to class. Class taught by AARP volunteers.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|------------|
| 38211-1 | Tu 10/8 | 1:00-5:00pm | *see below |
| 38211-2 | M 12/9 | 1:00-5:00pm | see below* |

*Cost is \$20 for AARP members; \$25 for all others, payable to AARP and accepted at class. Class is free for current AARP Medicare Supplement Insurance Plan Holders through UnitedHealthcare. This benefit requires presentation of the AARP United Insurance card and does not apply to AARP UnitedHealthcare Advantage Plans.

LIFE STRATEGIES FOR WHOLE BRAIN LIVING

Our brains are cool! Your brain team, made up of your Four Characters, can huddle together at any moment to analyze what is going on in your life and then collectively decide who and how you want to be in the next circumstance. We have far more power over conscious choice than we were ever taught in school. Modeled on best-selling author Jill Bolte Taylor's Whole Brain Living: the Anatomy of Choice and the Four Characters that Drive Our Life, we will practice the power of choosing which character we want during the ongoing conversations we have with ourselves. In parallel with understanding the "We Inside Me," we will explore why as we get older we lose accuracy, precision, and fluency in our behavioral operations. An understanding of how what you are not doing can contribute to deteriorating neurological competencies can contribute to better brain health.

| CODE | DAY/DATE | TIME | FEE |
|---------|--------------|---------------|------|
| 38139-1 | 10/16-10/30* | 10:00-11:30am | \$50 |
| 38139-2 | 11/6-11/20* | 10:00-11:30am | \$50 |

*Participants are asked to read or listen to Whole Brain Living, or one of the hundreds of podcasts with Dr. Jill Bolte Taylor.

WILLMAKER LEGAL SEMINAR

In a single session, complete a will, a financial power of attorney, and a combined medical directive (including living will, medical power of attorney, and organ donation), all with the help of licensed attorney Rebecca L. Bennetti and her staff. Includes all materials, witnessing, notarizing, individual review, and plenty of time for discussion and questions. Couples must have individual wills.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|-------|
| 38212-1 | W 10/9 | 1:00-5:00pm | \$100 |
| 38212-2 | Th 12/5 | 1:00-5:00pm | \$100 |

Additional \$30 materials fee payable by cash or check to the instructor at the beginning of class.

DISASTER PREPAREDNESS

All communities have some level of risks and hazards. Whether it is natural hazards or human-impacted hazards, disruption to your community could occur. It is critical to be prepared and increase your resilience to these risks and hazards. The "Are you prepared for anything" workshop is aimed to provide you with tools, knowledge, and resources to prepare your friends, family, and community for anything. Bring your cell phone in order to receive assistance signing up for Emergency Alerts.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|-------------|------|
| 38213-1 | Th 9/26 | 1:00-2:30pm | FREE |

USING UBER AND LYFT WORKSHOPS

Driving ourselves is not always an option or the best option, so join us in learning about other transportation options that are available to you! Boulder County's Mobility for All team will be hosting 2 workshops this fall furthering their efforts towards transportation equity and empowering people by expanding their transportation choices. In these workshops, Mobility for All will guide you through, step-by-step, on how to use the Uber and Lyft apps. Uber and Lyft are phone applications that connect you with drivers who can take you to your destination.

| CODE | DAY/DATE | TIME | FEE | |
|---------|----------|----------|---------------|------|
| 38215-1 | UBER | Th 10/10 | 10:15-11:45am | FREE |
| 38215-2 | LYFT | Th 11/21 | 10:15-11:45am | FREE |



Martial Arts

Yang-Style Tai Chi is a self-healing exercise proven to increase life expectancy. Prolonged practice will improve physical and mental health, strengthen balance, coordination and flexibility.

Chen-Style Tai Chi focuses on the martial arts techniques, movements with varying speeds and bursting power. All classes are indoor for all ages. Any questions, email instructor at rtsui11@gmail.com.

INTRO TO YANG STYLE TAI CHI

| CODE | DAY/DATE | TIME | FEE |
|---------|--------------|-------------|-------|
| 38101-1 | M 10/7-12/30 | 4:30-5:30pm | \$130 |

YANG STYLE TAI CHI 1

| CODE | DAY/DATE | TIME | FEE |
|---------|--------------|-------------|-------|
| 38102-1 | M 10/7-12/30 | 3:30-4:30pm | \$130 |

YANG STYLE TAI CHI 3

| CODE | DAY/DATE | TIME | FEE |
|---------|---------------|---------------|-------|
| 38104-1 | Sa 10/5-12/28 | 9:00-10:30am* | \$130 |
| 38104-2 | W 10/9-12/18 | 4:30-5:30pm | \$110 |
| 38104-3 | W 10/9-12/18 | 5:30-6:30pm | \$110 |

*No class 10/26

CHEN STYLE TAI CHI 1

| CODE | DAY/DATE | TIME | FEE |
|---------|---------------|---------------|-------|
| 38105-1 | Sa 10/5-12/28 | 10:30-11:15am | \$100 |

YANG STYLE SWORD 1

| CODE | DAY/DATE | TIME | FEE |
|---------|---------------|-----------------|-------|
| 38106-1 | Sa 10/5-12/28 | 11:15am-12:00pm | \$100 |

TAI CHI DROP-IN

Drop In is available for \$10. Please give your paid receipt to the instructor. POS code 0805.

Dancing

TAP DANCING

This class is specifically designed for older adults. The focus is on fun, building community & improving balance, memory & coordination. No experience necessary, tap shoes optional. *Drop-in is available for \$15. POS code 0807. Please give your paid receipt to the instructor.

| CODE | DAY/DATE | TIME | FEE |
|---------|-------------|-------------|-------|
| 38116-1 | W 9/4-12/18 | 3:00-4:00pm | \$210 |

BEGINNING LINE DANCING

This beginner level program is a fun form of exercise. Learn the basics of traditional line dance and before you know it, you'll learn some moves and have a great time!

| DAY/DATE | TIME | R / NR |
|-----------|-------------|------------|
| Thursdays | 1:15-2:15pm | see below* |

IMPROVERS LINE DANCING

This class is designed for those that are not brand new to Line Dancing and is one step up from the Beginner level class.

| DAY/DATE | TIME | R / NR |
|-----------|-------------|------------|
| Thursdays | 2:15-3:15pm | see below* |

INTERMEDIATE/ADVANCED LINE DANCING

This class is designed for line dancers with experience and can dance in the intermediate to advanced level.

| DAY/DATE | TIME | R / NR |
|------------|-------------|------------|
| Wednesdays | 1:00-2:30pm | see below* |

*Fee per class: Check in with SilverSneakers®, Renew Active, or other Recreation Center Membership or pay \$6/\$9.50 daily admission per class. Instructor: Judy Yamakishi.

Seniors

Health & Wellness

LIVING WELL WHILE AGING SOLO

Navigating the journey of aging alone presents unique challenges, but also opportunities for personal growth and fulfillment. This presentation explores practical strategies and actionable steps to prioritize self-care and cultivate meaningful social connections while aging solo. Presented by staff from Mental Health Partners.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|---------------|------|
| 38216-1 | M 11/11 | 10:00-11:00am | FREE |



MEDITATION (IN PERSON)

Let long time mediator (50 plus years) Stephen Wurzel will help guide you to your inner place of serenity. Meditation lets you experience life differently. It's easy, anyone can do it. Join us on Saturdays. Led by Stephen Wurzel.

| CODE | DAY/DATE | TIME | FEE |
|---------|--------------|---------------|-------|
| 38114-1 | Sa 9/7-12/28 | 10:00-11:00am | FREE* |

*FREE with daily admission or membership.

MOVE IT! IMPROVE IT! | Adult

This is a research-based, drop-in exercise program taught by an occupational therapist. It was specifically designed to target the motor and non-motor symptoms of Parkinson's disease, but can be beneficial for anyone who wants to improve balance, flexibility, posture, or functional mobility. The goal is to optimize brain health, prevent falls, and improve overall quality of movement in real life situations. We learn basic movement patterns in sitting, standing, on the floor, or walking. Then we add challenges to voice, coordination, balance, timing, and cognition to promote neuroplasticity and make it fun and interesting.

| DAY/DATE | TIME | FEE |
|----------|---------------|------|
| M & Th | 1:15pm-2:25pm | FREE |

*FREE with daily admission or membership.

Fitness Classes

Visit www.LouisvilleCo.gov/FitZone for schedule.

WATER AEROBICS (See page 22 for class schedule)

SENIOR FITNESS CLASSES

| DAY/TIME | INSTRUCTOR | LOCATION |
|---|------------|----------------------------------|
| Senior Strength, Cardio, & Balance | | |
| Tu Th 9:00-10:00am | Terry | ZOOM |
| Balance & Stability (Hybrid) | | |
| W 10:15-11:00am | Anastasia | Mt. Elbert/ ZOOM |
| Building Flexibility & Strength | | |
| Tu 9:00-10:00am | Donna | Mt. Elbert |
| Senior Barre | | |
| W 1:30-2:30pm | Terry | Mt. Elbert |
| Move it! Improve It! | | |
| M Th 10:15-11:00am | Nancy | ZOOM |
| M Th 1:15-2:15pm | Nancy | Mt. Elbert |
| SilverSneakers Classic | | |
| M 10:45am-11:45am | Terry | Grays |
| W 10:45-11:45am | Terry | Grays |
| SilverSneakers Circuit (Hybrid) | | |
| F 9:15-10:15am | Terry | Mt. Elbert/ ZOOM |
| SilverSneakers Yoga | | |
| M 1:30-2:30pm | Terry | Grays |
| Cardio Fit | | |
| Tu 10:45-11:45am | Donna | Grays |
| Th 9:00-10:00am | Donna | Grays |
| Zumba Gold Chair | | |
| Th 11:15-11:45am | Laura | Imperial |

HEARING SCREENINGS

Hearing Screenings provided by Family Hearing.

| CODE | DAY/DATE | TIME | FEE |
|----------|----------|---------|------|
| 38222-01 | Tu 10/15 | 9:00am | FREE |
| 38222-02 | Tu 10/15 | 9:15am | FREE |
| 38222-03 | Tu 10/15 | 9:30am | FREE |
| 38222-04 | Tu 10/15 | 9:45am | FREE |
| 38222-05 | Tu 10/15 | 10:00am | FREE |
| 38222-06 | Tu 10/15 | 10:15am | FREE |
| 38222-07 | Tu 10/15 | 10:30am | FREE |
| 38222-08 | Tu 10/15 | 10:45am | FREE |
| 38222-09 | Tu 10/15 | 11:00am | FREE |
| 38222-10 | Tu 10/15 | 11:15am | FREE |
| 38222-11 | Tu 10/15 | 11:30am | FREE |
| 38222-12 | Tu 10/15 | 11:45am | FREE |

FRAUD AND SCAMS FACING OLDER ADULTS

This presentation will address the top 10 scams facing older adults in Colorado. Learn how to recognize these scams, and what to do to protect yourself from being a victim. Presented by Scott Moore, Crime Prevention Specialist with the Louisville Police Department.

| CODE | DAY/DATE | TIME | FEE |
|---------|----------|---------------|------|
| 38214-1 | W 11/13 | 10:30-11:45am | FREE |

Soul Massage

Soul massage involves energy work and is not a traditional massage

Seniors (60+) \$50

Non-seniors (under 60) \$75

Appointments

Saturdays 11 AM - 3PM

Available on the hour or half-hour

Call for times.

Make an appointment:

Call: 615-767-6551

email: stephenwurz@gmail.com

www.stephenwurz.com

Boulder County Programs



MEDICARE BASICS

Medicare Basics classes are offered two times a month virtually through the Boulder County Area Agency on Aging Medicare Counselors. For more information including Dates, Times, and Registration for Sept. to Dec. classes, visit <https://cs.boco.solutions/AAA/Workshop/WorkshopsUpcoming.aspx>

DROP-IN HOURS FOR CAREGIVERS OF ADULTS 60+

Third Fridays of each month from 10:00am-2:00pm

Dates: September 20, October 18, November 15

The Boulder County Area Agency on Aging Caregiver Initiative mission is to empower and support caregivers of people 60+ and caregivers of people living with dementia through their caregiving journey. Resource Specialists are available during walk-in hours and can provide valuable and individualized information, referrals, and connect caregivers with helpful resources. Walk-ins are welcome.

MEDICARE OPEN ENROLLMENT ASSISTANCE

Dates: October 15-December 7

Appointment times are 1pm or 2:30pm

Please note that pre-registration is required!

In-person Appointments offered Wednesdays

10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4

The Medicare Open Enrollment Period runs from October 15-December 7, 2024. The BCAA SHIP Medicare Counseling program will be offering In-person and virtual appointments to assist with review of your Medicare Part D or Medicare Advantage plan coverage. In-person appointments will be offered at the Louisville Recreation & Senior Center on Wednesday afternoons in October & November. Registration is required. For more information or to make an appointment, please have your Medicare number available and call 303-441-1546 or email medicarecounseling@bouldercounty.gov. Appointment scheduling begins Monday, September 16.

Seniors

FOOT CARE

2nd and 4th Tuesdays of each month
 September 10 & 24, October 8 & 22,
 November 12 & 19; December 10 & 17

Cost: \$55 per visit. Fingernails \$15.
 Credit cards preferred, checks accepted.

Medical Foot Care provided by a Registered Nurse from the Visiting Nurse Association (VNA) is offered the 2nd and 4th TUESDAYS of the month. Services include toenails trimmed; calluses filed; foot sensation, circulation, and overall foot health checked. Blood Pressure is also checked. Call the Colorado Visiting Nurse Association at 303-698-6496 to schedule an appointment, for any questions, or to check if this is covered as a benefit of your Insurance plan.

Blood Drive

October 4 & December 6

Visit donors.vitalant.org and use code 5552 to schedule or call 303-363-2300.

MAKE AN APPOINTMENT

Senior Resources are now located in our additional Senior Resource Guide, or can be found on the Louisville Recreation & Senior Center website on the Senior Services RESOURCES page.

If you have resource questions, contact Katie Tofte, Community Resource Coordinator, at 303-335-4919 or ktofte@louisvilleco.gov.

www.LouisvilleRecreation.com

LOCAL: Emergency 911

| | |
|--|--------------|
| Louisville City Hall | 303-666-6565 |
| Non-Emergency Dispatch | 303-441-4444 |
| Recreation Center/ Senior Services | 303-666-7400 |
| Avista Hospital | 303-673-1000 |
| Boulder Community Health | 303-415-7000 |
| Exempla Good Samaritan Medical Center | 303-689-4000 |
| Police - non emergency | 303-666-8634 |
| Louisville Fire Dept/ non emergency M-F | 303-666-6595 |

BOULDER COUNTY:

| | |
|---|--------------------|
| Adult Protective Services | 303-441-1309 |
| Area Agency on Aging Resource Navigators | 303-441-1617 |
| District Attorney Community Protection | 303-441-3700 x1664 |
| Boulder Housing Authority | 303-441-3929 |
| Housing HelpLine | 303-441-1069 |
| Housing and Human Services | 303-441-1000 |
| Medicare Counselors | 303-441-1546 |
| Mental Health Partners | 303-443-8500 |
| Rainbow Elders of Boulder County | 303-441-3583 |
| Veterans Services | 303-441-3890 |
| Workforce Boulder County | 720-776-0822 |

OTHER:

| | |
|--|----------------|
| Alzheimers Association | 1-800-272-3900 |
| Coal Creek Meals on Wheels | 303-665-0566 |
| Cultivate | 303-443-1933 |
| RTD FlexRide | 303-299-6000 |
| Sister Carmen | 303-665-4342 |
| Visiting Nurse Assoc. (foot care) | 303-698-6496 |
| Via Transportation | 303-444-3043 |

OLD TOWN SKATE

Where the magic of winter meets the heart of Old Town Louisville

Experience the latest in Louisville's ice skating tradition!



Steinbaugh Pavilion
824 Front St, Louisville, CO



November 16, 2024 - February 2025

Old Town Skate Hours

| | |
|-----------|-------------|
| Mon.-Wed. | 3–7 PM |
| Thurs. | 3–9 PM |
| Fri. | 3–10 PM |
| Sat. | 11 AM–10 PM |
| Sun. | 11 AM–8 PM |

*View website for holiday hours. Hours are subject to change due to inclement weather and/or management discretion.

Admission Prices

Admission includes skate rental. Walk-in only. First come, first served.

- FREE for ages 4 & Under
- \$10 for ages 5+* (includes skates)
- \$5 for ages 5+* (if you bring your own skates)

*Age 10 and younger must be accompanied by an adult

Lower Pricing

5 visit punch card \$45
(nonrefundable and expires at end of season)

- MORE OPEN SKATE HOURS • CONVENIENT ON-SITE RENTALS • ENHANCED ICE CONDITIONS
- IMPROVED FX LIGHTING • SOUND-ACTIVATED LIGHT SHOWS • COMPLIMENTARY PARKING • WIDE VARIETY OF MUSIC • CONCESSION OPTIONS

Free Horse-Drawn Carriage Rides (on select weekends through the holidays) courtesy of the Louisville DBA.

OldTownSkate.com

(720) 310-8447
Mgmt@OldTownSkate.com



Funding by the
Louisville Revitalization
Commission



Louisville Downtown
BUSINESS ASSOCIATION



Floating Pumpkin Patch!

Friday, October 25, 2024

Bring the whole family to the Louisville Recreation & Senior Center Indoor Pools and catch yourself a spooky floating pumpkin from our aquatic pumpkin patch! After catching your floating pumpkin take it into the decoration room and create your spooky masterpiece!

Register in advance, max of 115 families allowed. Each household can register as many family members as they like, but there is a limit of two pumpkins per household.



| CODE | DAY/DATE | TIME | R/NR |
|---------|----------|--------------|-----------|
| 33400-1 | F 10/25 | 6:00-8:00 pm | \$12/\$15 |

